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Sports, Page 1B



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VOLUME 23, NUMBER 26

WEDNESDAY, MARCH 31, 1999

FIFTY CENTS

Madison, Fairmont City get ready to settle their dispute

Meetings scheduled to resolve boundary fight

By Scott Cousins
Staff writer

The city of Madison and village of Fairmont City will have special meetings today, Wednesday, to vote on resolutions to set their boundaries.

MADISON If approved, the resolutions will settle the on-going battles over the former village of National City and related properties.

Mayor John Hamm said the Madison City Council will meet at 8:30 p.m. to approve the resolutions. A similar meeting is set in Fairmont City at the same time.

Fairmont City officials could not be reached for comment.

The deal would leave Madison with most of the property it has already annexed and give it an exclusive right to annex property west of Gateway International Raceway.

GIR officials want to use that land as a parking lot; the Southwestern Illinois Development Authority used its "quick-take" powers to condemn the land, but it is now tied up in the state appellate court in Mt. Vernon.

Fairmont City would have a clear 300-foot-wide land area connecting it to the St. Louis National Stockyards.

Once the resolutions are approved, Hamm said, the documents would be submitted to the court to help settle the lawsuit filed against the city by the St. Clair County State's Attorney's office.

One issue that remains to be considered is East St. Louis and its claim to some of the land, including the proposed parking area.

That city filed annexation ordinances on the land last year, but both Madison and Fairmont City had overlapping annexations that would have blocked East St. Louis.

In the latest round of legal and annexation battles, the

county and municipalities have been fighting over land in the area since before National City was reincorporated. Earlier annexation battles and lawsuits involved what is now Gateway International Raceway and Gateway Midstate Truck Plaza.

At stake is a large area of land suitable for development. The relocation of Illinois 3 and plans for a new Mississippi River bridge in the area have also spurred annexation battles.

Present land battles include a series of overlapping annexations between Madison and Fairmont City near the intersection of Illinois 203 and Interstate 55/70 and attempts to bring in the St. Louis National Stockyards property, the largest chunk of land in National City.

Fairmont City annexed the stockyards in December, but used land tied up in the overlapping annexations to accomplish it.

If a court ruled that the land

was in Madison, it would have blocked Fairmont City from expanding toward the stockyards and the Mississippi River.

The suit alleges that eight annexations by the city of Madison between Feb. 13, 1996, and June 2, 1998, are illegal because the properties were not contiguous to Madison.

Some of the disputed property includes overlapping annexations by Fairmont City.

The suit challenged a series of annexations in that county by the city over several years. At stake is which municipality — Madison or Fairmont City — would have access to annex major portions of the former village of National City, including the St. Louis National Stockyards.

One issue that remains to be considered is East St. Louis' claim to some of the land, including the proposed parking area.

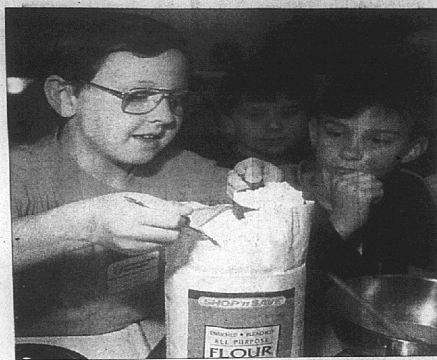
That city filed annexation ordinances on the land last year.



Tim Stephenson photo

Spring cleaning

Granite City Park District maintenance employee William Turcott digs up dirt and leaves at Wilson Park Saturday as part of the Park District's spring cleanup.



John Swistak Jr. photo

Travis Clark, 9, left, measures flour while Mitch Newton, 8, center, and Nick Webb, 9, right, look on at a cooking class sponsored by the American Heart Association last week at Collinsville High School. All three are from Granite City. The class taught area youngsters healthier ways of cooking and safety around the kitchen. A similar class also took place at Belleville West Junior High.

Youth nutrition on the menu

School teaches healthy cooking

By Val McDowell
Staff writer

Health and nutrition were on the menu recently at Collinsville High School and West Junior High in Belleville.

The "Get Ready ... Set ... Cook" Youth Cooking School for children ages 8-12 was conducted at CBS and West. Experts taught students various cooking techniques by following healthy recipes. Classes took place in the schools' home economics rooms.

This is the third year the hands-on cooking classes were offered at the schools for this

age group. The program was held in conjunction with National Nutrition Month.

Judy Schmitt, a registered nurse and one of the program's organizers, said it is important for children this age to learn about nutrition and following instructions.

"We break the class down into four different groups, and each group will make a specific item, and when completed, everyone will have the chance to sample the goods," she said. "It's very hands-on."

Most of the recipes come from the American Heart Association Recipe Book and

See COOKING, Page 5A

19 candidates seeking GC seats

Park, library board seats also up for grabs in local election

By Mike Heil
Staff writer

Nineteen candidates from Granite City are vying for nine aldermanic seats for the April 13 election.

ELECTION '99 Seven of the seats are four-year terms, while two others are for two-year terms. Of the 19 candidates running, seven are incumbents. Three other incumbents are unopposed.

The Granite City aldermanic races shape up like this:

- First Ward Alderman Bob Page will be opposed by Joseph R. McGinnis Sr. for a four-year term.
- Jim Miller and David Partney are vying for a seat

in second ward for a four-year term.

- Patrick Davis is unopposed in the third ward for a four-year term.

- Incumbent Leo Wofford is opposed by Larry D. Rudder, Donna Davis and Emerald E. Dawes in the fourth ward for a four-year term.

- Incumbent Eddie Asadorian is opposed by Tom Candler, Brenda Whitaker and James E. Bailey Sr. in the fifth ward for a four-year term.

- Incumbent Lurton Pulley is opposed by Ted Hoffman and Darrell Williams in the fifth ward

See GRANITE, Page 2A

Four candidates seek two Madison seats

Granite City, Venice school incumbents running unopposed

By Scott Cousins
Staff writer

ELECTION '99 In the Madison School District, three official candidates and

one write-in who was kicked off the April 13 ballot are vying for three 4-year seats on the board. However, winners will not take their places on the board until November.

Incumbents Sharon Cass and Joe Garcia and newcomer

Lynda Becker are the official candidates and Rev. John Love is running as a write-in candidate. Love was kicked off the ballot after Cass argued successfully that he did not have enough signatures on his nominating petition.

During hearings by the School Board's Electoral Board, Love and his supporters claimed that forces at Madison City Hall were

See MADISON, Page 3A

Granite City Journal

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Nineteen candidates seeking Granite City aldermanic seats April 13

Continued from Page 1A

for a two-year term.

- Incumbent Sandy Shaw is unopposed in the sixth ward for a four-year term.

- Incumbent Mac Warfield is unopposed in the sixth ward for a two-year term.

- Bob Cook is unopposed in the seventh ward for a four-year term.

Voters will also go to the polls to elect a Granite City Park District Board and two members for the Granite City Public Library Board. Superintendent of Streets Jerry Lakin, who is also on the ballot, is running unopposed.

Incumbent Park Board member George Sykes is being opposed by Michael Patton, while Library Board incumbents Kathy Antoff and Ronald Coleman are opposed by Arno Sponeman.

Here are profiles and positions of the aldermanic candidates:

BOB PAGE, 64, incumbent, first ward: Page would continue to work on economic development, especially the redevelopment of newly annexed land on Illinois 3. Page would also support industry in the area, as well as construction of hotel and restaurants as a way to augment employment for people living in Granite City.

JOSEPH R. MCGINNISSE SR., 59, candidate, second ward: McGinniss would work with citizens, businesses, organizations and clubs to improve the quality of living conditions in Granite City. McGinniss would also like to see changes in city policy that he believes are stagnating the city's growth.

JIM MILLER, candidate, second ward: Miller did not respond to a Suburban Journals questionnaire.

DAVID PARTNEY, 55, candidate, second ward: Partney, who has run for mayor in previous elections, would initiate measures to clean up Granite City to

Granite City voters will decide nine City Council seats — two of them for two-year terms — during the April 13 municipal elections. Voters will also decide one seat for the Granite City Park Board and two seats for the Granite City Library Board.

attract people to it and to create better housing that would be affordable to young families who would like to move into the city. Partney would also like to streamline local government to cut what he believes to be wasteful spending to provide better services for those in the community.

PATRICK DAVIS, 34, incumbent, third ward: Davis would like to initiate measures that would improve housing, clean up alleys and fund money for streets, sidewalks and storm gutter improvements. Davis also wants to continue to assist those in his ward.

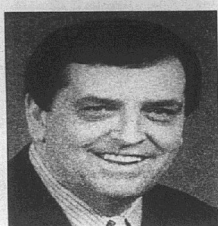
ROBERT LEO WOFFORD, 66, incumbent, fourth ward: Wofford would devote time and energy working to solve problems and issues confronting citizens of Granite City and the fourth ward.

LARRY D. RUDDER, candidate, fourth ward: Rudder did not respond to a Suburban Journals questionnaire.

DONNA DAVIS, candidate, fourth ward: Davis did not respond to a Suburban Journals questionnaire.

EMERALD E. DAWES, candidate, fourth ward: Dawes did not respond to a Suburban Journals questionnaire.

EDDIE ASADORIAN, 50, incumbent, fifth ward:



GEORGE SYKES

Asadorian would continue to support economic and geographic expansion and cleanup efforts. Asadorian would also initiate measures that would improve and expand city services and would work with governmental bodies for a better, safer and healthier city.

TOM CANDLER, candidate, fifth ward: Candler did not respond to a Suburban Journals questionnaire.

BRENDA WHITAKER, candidate, fifth ward: Whitaker did not respond to a Suburban Journals questionnaire.

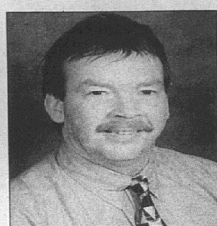
JAMES E. BAILEY SR., candidate, fifth ward: Bailey did not respond to a Suburban Journals questionnaire.

LURTON PULLEY, incumbent, fifth ward: Pulley would continue to help people in his ward as he has in the past.

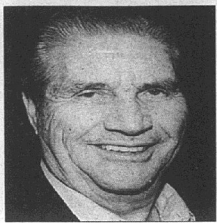
DARRELL WILLIAMS, candidate, fifth ward: Williams would work to help the people in his ward on issues they think are important.

TED HOFFMAN, candidate, fifth ward: Hoffman did not respond to a Suburban Journals questionnaire.

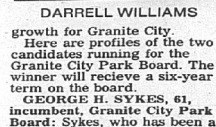
SANDY SHAW, 52, incumbent, sixth ward: Shaw supports improving neighborhoods so that people will remain in Granite City. She also said she would like to



BOB COOK



LEO WOFFORD



SANDY SHAW

DAVID PARTNEY

work with business and industry to maximize new development opportunities and encourage development and cooperation with existing business and industry. The key issues are the loss of population and jobs in Granite City.

MAC WARFIELD, incumbent, sixth ward: Warfield, who is also the current Madison County Democratic Party chair, did not respond to a Suburban Journals questionnaire.

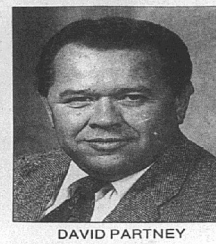
BOB COOK, 58, incumbent, seventh ward: Cook would work to solve water-drainage problems and would initiate measures that would promote

growth for Granite City. Here are profiles of the two candidates running for the Granite City Park Board. The winner will receive a six-year term on the board.

GEORGE H. SYKES, 61, incumbent, Granite City Park Board: Sykes, who has been a previous Park Board president,

would continue to make activities affordable, provide diversified programs for people of all ages and provide Granite City residents a park system worthy of its 78-year history.

MICHAEL M. PATTON, 22, candidate, Granite City Park



Board: Patton, making his first attempt at public office, would like to see money allocated to neighborhood parks to reduce the wear and tear at Wilson Park. Patton also would like to see grants obtained to support

supplemental revenues for parks, to build a pavilion at Barry Loman Park (formerly West Granite Park) and to have big band and classical music concerts at

neighborhood parks. Patton would provide the best means for residents in the form of recreation, knowledge and commitment.

Illinois House gives OK to Mitchell incorporation bill

By Mike Hall
Staff writer

A bill has been passed by the Illinois House in Springfield as the first part of a legislative process that could give residents of Mitchell the right to vote on incorporation.

MITCHELL House Bill 1124 was presented to the house by 111th District Rep. Steve Davis, D-Bethalto. Two other representatives, 112th District Rep. Jay Hoffman, D-Collinsville, and 113th District Rep. Tom Holbrook, D-Bellefonte, voted in favor of the bill, which will now move to the state Senate for consideration.

Davis said the bill could give Mitchell the right to determine its own fate.

"Self-determination is the American way. It's part of our Constitution," Davis said.

The newly passed bill states that contiguous territories containing at least three square miles and 5,000 people in counties with a population base of no more than 400,000 may incorporate into a village, as provided by the state statutes.

To do so, people in the area must muster a petition of 250 signatures and present it to the circuit clerk with specific village specifications. Mitchell now meets the bill's criteria and can take the appropriate measures to become incorporated if the bill passes the Senate, Davis said.

The bill's passage has not received much fanfare from Pontoon Beach Mayor Glen Wilson and Granite City Mayor Ron Selph.

"I don't agree with it at all," Wilson said. "It gives Mitchell a chance to be incorporated, even though its population has

continued to decline."

Selph would only say that he is "studying the law and having various discussions with committee members."

Edwardsville Mayor Gary Niebur could not be reached for comment.

In January, Chief Associate Judge Randall Bono dashed the hopes of Mitchell residents who have been attempting to incorporate for more than a year, when he threw out a petition that sought to incorporate Mitchell into a village.

Bono made the decision based on Mitchell's population of 7,251, 249 person short under current law.

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Pontoon

By Scott Co

Staff writer

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PONTON BEACH

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Pontoon Board approves plat

By Scott Cousins
Staff writer

A final plat for an 11-acre subdivision was approved by the Pontoon Beach Village Board, but action on two other subdivisions was tabled.

The board approved a final plat for Bear Foot Subdivision, a 10.92-acre parcel located on Sam's Road east of Illinois 111 and south of Illinois 162.

A request for a preliminary plat for the Greentree Subdivision between Illinois 162 and Horseshoe Lake Road was tabled until a zoning matter was cleared up.

Pontoon Beach Engineer

Jimmy Stuart said the annexation petition for the property asked that it be taken into the village zoned for single-family residences, but several trustees said they thought it was brought in as agricultural.

If that was the case, no action on the plat could be taken until the land is rezoned.

In a third case, developer Ron Shafer was told he must have the proposed Busy Bee Subdivision rezoned before it could be subdivided.

In other matters, the board approved transferring funds totaling slightly more than \$30,000 from the village's contingency fund to other funds. The village's fiscal year ends April 30.

The largest transfer was for \$20,000 to health

insurance, followed by \$10,000 to engineering, \$1,400 to office supplies and \$1,400 for other funds. Such transfers are normal as the end of the budget year approaches.

Finance Committee Chairman Lou Whitsell apologized to the board for having so many transfers at one time. "Because of a computer glitch, we were not aware these funds were running out of money," he said. Whitsell added that problem has been corrected.

The board also approved paying between \$4,500 and \$6,500 to design a web page to advertise the village's hotels and motels. The vote was 5-1 in favor, with Trustee Gus Falter voting no. The money will come out of the Tourism Fund.

Four candidates seek two Madison seats

Continued from Page 1A

trying to keep him from running. Cass, who is the school board president, is also Madison City Clerk.

"I'm doing it as a write-in candidate, but I'm not going to campaign," Love said last week. "It's up to the people to go out and vote."

Love did not return candidate questionnaires.

Cass has been employed by the Special School District of St. Louis County for the past eight years and has been a risk and benefit manager for the district for the past year-and-a-half. She has been a member of the school board for seven-and-a-half years and currently serves as board president. She is also Madison City Clerk and has served as a Venice Township trustee.

"I would like to continue the efforts of the board in expanding education programs, in remaining off the state Financial Watch List and improving IGAP test scores," she said.

Cass added that, in the past few years, the district has been able to expand extracurricular activities. She also wants the district to implement a zero-tolerance discipline policy.

"I have been a board member for two terms, which enables me to see the needs of the district and work toward meeting those needs," she said. "My employment with the Special School District



SHARON CASS



LYNDA BECKER

provides me with the knowledge and gives me the resources to assist our district in areas of students with special needs."

Incumbent Garcia is a graduate of Madison High School and works as a broadcast engineer at radio station WGNU-AM in St. Louis. He was elected to the Madison School Board four years ago, and it is the only public office he has held.

Garcia said he wants to work for "positive academic change" in the school system.

"The city of Madison is moving forward in many areas that affect the quality of life," he said. "Being able to play a part in the continued improvements of my community's school system will keep those dynamics moving along."

His goals include keeping the district financially sound, continuing programs that improve academic performance and maintain or improve the current level of discipline in the school system.

Garcia said the four years he has served on the board are "extremely valuable" to understand the workings of the district, "both the day-to-day operations as well as the political ramifications," he said.

Garcia pointed out that he has attended a number of state-sponsored seminars in areas such as school law and discipline.

"I like to visit our schools to get an understanding of how things are going and to offer board support in positive areas," Garcia said, adding that being "approachable" and listening to ideas is important.

Garcia also added that he would like to see "major" reforms in special education.

"It has become a paperwork nightmare for all districts, due, in no small part, to federal bureaucracy."

Becker, who was born in Granite City, has been a Madison resident since 1978. She is a purchasing coordinator for St. Elizabeth Medical Center in Granite City and has never held or ran for a public office.

Becker said she has always enjoyed working with others in decision making and said being on the School Board would be an "excellent opportunity" to bring new ideas to the district.

"I would like to work with the board members and other school officials to continue to improve the quality of education," Becker said.



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Opinions

Sound Off

Speak your mind, 618/277-9520

We are engaged in a great cultural war

Who will guard the raw material of unfettered ideas? Who will defend the core value of academia?

By Charlton Heston
I remember my son when he was 5, explaining to his kindergarten class what his father did for a living. "My daddy," he said, "pretends to be people."

There have been quite a few of them. Prophets from the Old and New Testaments, a couple of Christian saints, generals of various nationalities and different centuries, several kings, three American presidents, a French cardinal and two geniuses, including Michelangelo. If you want the ceiling re-painted I'll do my best. There always seem to be a lot of different fellows up here. I'm never sure which one of them gets to talk. Right now, I guess I'm the guest.

As I pondered our visit tonight it struck me: If my traitor gave me the gift to connect you with the hearts and minds of those great men, then I want to use that same gift now to re-connect you with your own sense of liberty... your own freedom of thought... your own compass for what is right.

Dedicating the memorial at Gettysburg, Abraham Lincoln said of America, "We are now engaged in a great Civil War, testing whether this nation or any nation so conceived and so dedicated can long endure."

Those words are true again. I believe that we are again engaged in a great civil war, a cultural war that's about to hijack your birthright to think and say what resides in your heart. I fear you no longer trust the pulsing lifeblood of liberty inside you... the stuff that made this country rise from wilderness into the miracle that it is.

Let me back up. About a year ago I became president of the National Rifle Association, which protects the right to keep and bear arms. I ran for office, I was elected, and now I serve. I serve as a moving target for the media who've called me everything from "ridiculous" and "duped" to a "brain-injured, senile, crazy old man." I know... I'm pretty old... but I sure Lord ain't senile.

As I have stood in the cross hairs of those who target Second Amendment freedoms, I've realized that firearms are not the only issue. No, it's much, much bigger than that. I've come to understand that a cultural war is raging across our land, in which, with Orwellian fervor, certain acceptable thoughts and speech are mandated.

For example, I marched for civil rights with Dr. King in 1963—long before Hollywood found it fashionable. But when I told an audience last year that white pride is just as valid as black pride or red pride or anyone else's pride, they called me a racist.

I've worked with brilliantly talented homosexuals all my life. But when I told an

audience that gay rights should extend no further than your rights or my rights, I was called a homophobe. I served in World War II against the Axis powers. But during a speech, when I drew an analogy between singling out innocent Jews and singling out innocent gun owners, I was called an anti-Semite.

Everyone I know knows I would never raise a closed fist against my country. But when I asked an audience to oppose this cultural persecution, I was compared to Timothy McVeigh.

From Time magazine to friends and colleagues, they're essentially saying, "Chuck, how dare you speak your mind. You are using language not authorized for public consumption!"

But I am not afraid. If Americans believed in political correctness, we'd still be King George's boys—subjects bound to the British crown. In his book, "The End of Sanity," Martin Gross writes that "blatantly irrational behavior is rapidly being established as the norm in almost every area of human endeavor. There seem to be new customs, new rules, new anti-intellectual theories regularly foisted on us from every direction. Underneath, the nation is roiling. Americans know something wrong with a name is undermining the nation, turning the mind mushy when it comes to separating truth from falsehood and right from wrong. And they don't like it."

Let me read a few examples. At Antioch College in Ohio, young men seeking intimacy with a coed must get verbal permission at each step of the process from kissing to petting to final copulation... all clearly spelled out in a printed college directive.

In New Jersey, despite the death of several patients nationwide who had been infected by dentists who had concealed their AIDS, the state commissioner announced that health providers who are HIV-positive need not... need not... tell their patients that they are infected.

At William and Mary, students tried to change the name of the school team "The Tribe" because it was supposedly insulting to local Indians, only to learn that authentic Virginia chiefs truly like the name.

In San Francisco, city fathers passed an ordinance protecting the rights of transvestites to cross-dress on the job, and for transsexuals to have separate toilet facilities while undergoing sex change surgery.

In New York City, kids who don't speak a word of Spanish have been placed in bilingual classes to learn their three R's in Spanish solely because their last names sound Hispanic.

At the University of Pennsylvania, in a state where thousands died at Gettysburg opposing slavery, the president

It was last month that actor and National Rifle Association president Charlton Heston delivered a speech at the Harvard Law School Forum.

People have been talking about it ever since. Heston's words have been jeered and cheered, both in the media and among those who welcome healthy discussions of relevant issues.

The Journal is reprinting the text of Heston's speech, unedited and unfettered by an offsetting criticism. While not all will agree with Heston's conclusions, it's not likely anyone will read his speech without forming an opinion of Heston and his view of society.

The Journal welcomes your comments about Heston's speech, called "Winning the Cultural War." Tell us what you think.

Comments can be sent to Suburban Journals, Attn: Heston speech, 1714 Deer Tracks Trail, St. Louis, 63131. Or e-mail comments to westnews@primary.net. We will present a cross-section of comments in the coming weeks.

of that college officially set up segregated dormitory space for black students.

Yeah, I know... that's out of bounds now. Dr. King said "Negroes." Jimmy Baldwin and most of us on the march said "black." But it's a no-no now. For me, hyphenated identities are awkward... particularly "Native-American." I'm a native American, for God's sake. I also happen to be a blood-initiated brother of the Miniconjou Sioux. On my wife's side, my grandson is a thirteenth-generation native American... with a capital letter on "American."

Finally, just last month... David Howard, head of the Washington, D.C., Office of Public Advocate, used the word "niggardly" while talking to colleagues about budgetary matters. Of course, "niggardly" means stingy or scanty. But within days Howard was forced to publicly apologize and resign.

As columnist Tony Snow wrote: "David Howard got fired because some people in public employ were morons who (a) didn't know the meaning of 'niggardly,' (b) didn't know how to use a dictionary to discover the meaning, and (c) actually demanded that he apologize for their ignorance."

What does all of this mean? It means that telling us what to think has evolved into telling us what to say... so telling us what to do can't be far behind.

Before you claim to be a champion of free thought tell me: Why did political correctness originate on America's campuses? And why do you continue to tolerate it?

Why do you, who're supposed to debate ideas, surrender to their suppression? Let's be honest. Who here thinks your professors can say what they really believe?

It scares me to death, and should scare you too, that the superstition of political correctness rules the halls of reason.

You are the best and the brightest. You, here in the fertile cradle of American academia, here in the castle of learning on the Charles River, you are the cream. But I submit that you, and your counterparts across the land, are the most socially conformed and politically silenced generation since Concord Bridge.

And as long as you validate that... and abide it... you are... by your grandfathers' standards... cowards.

Here's another example. Right now at more than one major university, Second Amendment scholars and researchers are being told to shut up about their findings or they'll lose their jobs. Why? Because their research findings would undermine big-city mayors' pending lawsuits that seek to extort hundreds of millions of dollars from firearm manufacturers.

I don't care what you think about guns. But if you are not shocked at that, I am shocked at you. Who will guard the raw material of unfettered ideas, if not you? Who will defend the core value of academia, if you supposed soldiers of free thought and expression lay down your arms and plead, "Don't shoot me?"

If you talk about race, it does not make you a racist. If you see distinctions between the genders, it does not make

you a sexist. If you think critically about a denomination, it does not make you anti-religion. If you accept but don't celebrate homosexuality, it does not make you a homophobe. Don't let America's universities continue to serve as incubators for this rampant epidemic of new McCarthyism. But what can you do? How can anyone prevail against such pervasive social subjugation?

The answer's been here all along. I learned it 38 years ago, on the steps of the Lincoln Memorial in Washington, D.C., standing with Dr. Martin Luther King and 200,000 people.

You simply... disobey. Peaceably, yes. Respectfully, of course. Nonviolently, absolutely. But when told how to think or what to say or how to behave, we don't. We disobey social protocol that stifles and stigmatizes personal freedom.

I learned the awesome power of disobedience from Dr. King... who learned it from Gandhi, and Thoreau, and Jesus, and every other great man who led those in the right against those with the might.

Disobedience is in our DNA. We feel innate kinship with that disobedient spirit that tossed tea into Boston Harbor, that sent Thoreau to jail, that refused to sit in the back of the bus, that protested a war in Vietnam.

In that same spirit, I am asking you to disavow cultural correctness with massive disobedience of rogue authority, social directives and onerous laws that weaken personal freedom.

But be careful... it hurts. Disobedience demands that you put yourself at risk. Dr.

King stood on lots of balconies. You must be willing to be humiliated... to endure the modern-day equivalent of the police dogs at Montgomery and the water cannons at Selma.

You must be willing to experience discomfort. I'm not complaining, but my own decades of social activism have taken their toll on me. Let me tell you a story.

A few years back I heard about a rapper named Ice-T who was selling a CD called "Cop Killer" celebrating ambushing and murdering police officers. It was being marketed by none other than Time/Warner, the biggest entertainment conglomerate in the world.

Police across the country were outraged. Rightfully so. At least one had been murdered. But Time/Warner was stonewalling because the CD was a cash cow for them, and the media were tiptoeing around it because the rapper was black I heard Time/Warner had a stockholders meeting scheduled in Beverly Hills. I owned some shares at the time, so I decided to attend.

What I did there was against the advice of my family and colleagues. I asked for the floor. To a hushed room of a thousand average American stockholders, I simply read the full lyrics of "Cop Killer"—every vicious, vulgar, instructional word.

"I got my 12 gauge sawed off, I got my headlights turned off I'm about to bust some shots off. I'm about to dust some caps off..."

It got worse, a lot worse. I won't read the rest of it to you. But trust me, the room was a sea of shocked, frozen, blanched faces. The Time/Warner executives squirmed in their chairs and stared at their shoes. They hated me for that.

Then I delivered another volley of sick lyrics brimming with racist filth, where Ice-T fantasizes about sodomizing Time magazine, the necks of Al and Tipper Gore.

"She pushed her butt against my..."

Well, I won't do to you here what I did to them. Let's just say I left the room in echoing silence. When I read the lyrics to the waiting press corps one of them said, "We can't print that." "I know," I replied, "but Time/Warner's selling it."

Two months later, Time/Warner terminated Ice-T's contract. I'll never be offered another film by Warner, or get a good review from Time magazine. But disobedience means you must be willing to act, not just talk.

When a mugger sues his elderly victim for defending himself... I jam the switchboard of the district attorney's office.

When your university is pressured to lower standards until 80 percent of the students graduate with honors... I choke the halls of the board of regents with tomatoes.

When an 8-year-old boy pecks a girl's cheek on the playground and gets hauled to court for sexual harassment... I march on that school and block its doorways.

When someone you elected is seduced by political power and betrays you... I petition them, oust them, banish them.

When Time magazine's cover portrays millennium nuts as deranged, crazy Christians holding a cross as it did last month... I boycott their magazine and the products it advertises.

So that this nation may long endure I urge you to follow in the hallowed footsteps of the great disobediences of history that freed exiles, founded religions, defeated tyrants, and yes, in the hands of an aroused rabble in arms and a few great men, by God's grace, built this country.

If Dr. King were here, I think he would agree. Thank you.

Police

Venice
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Police Blotter

Venice Police

AUTO BURGLARY: An estimated \$1,300 worth of stereo equipment was reported stolen from a parked car sometime in Venice last week. On Saturday, the owner of the car reported that someone had broken into the car — parked on Madison Avenue — and stolen the stereo equipment between Tuesday and Saturday.

AUTO THEFT: A Venice couple reported the theft of their blue 1985 Buick Park

Avenue sometime late Friday or early Saturday. The victims said they parked the car next door to their house in a business parking lot Friday night and it was gone the next morning. A routine check showed that the East St. Louis police had inquired about the car at about 1:50 a.m. Saturday and that it had been towed to a local garage after being burned.

Madison Police

POSSESSION OF DRUG

EQUIPMENT: A Granite City man on furlough after being convicted of attempted burglary was sent back to jail again after he was arrested by Madison Police Sunday. Carl Anderson, 28, of the 2000 block of Bryan Avenue, Granite City, was charged with possession of drug paraphernalia at about 2:30 p.m. Sunday. Charges of possession of a controlled substance are pending lab analysis.

According to police reports, Anderson had recently been sentenced to three years with

the Illinois Department of Corrections and had been given a furlough, which had been extended until April 1. Anderson was arrested after a police officer saw him walking in the alley of the 1600 block of Second Street between Market and Second. The officer told Anderson that the area was a "known crack cocaine purchasing area" and asked if he had any drugs or weapons.

Anderson told him no, but then allegedly reached into his pocket and pulled out a crack pipe, saying he had found it.

Madison County Sheriff's Department

WARRANT ARREST: Charles B. Vandusen, 22, of Madison, was arrested on two outstanding warrants after a traffic stop at 10:18 p.m. March 23 at Carver Street and Harrison Avenue in Madison. Vandusen was wanted on two warrants, for failure to appear and driving on suspended license charges, with bond totaling \$9,000.

TRAFFIC STOP/ARREST:

Steven D. Buhlig, 37, of Granite City, was arrested after a traffic stop at 2:08 a.m. March 27 at Harrison and Illinois 203 in Madison.

Police alleged that Buhlig failed to use his turn signal, and upon being stopped, was cited for driving while his license was revoked, operating an uninsured vehicle and failure to wear a seat belt. He was held awaiting \$100 cash bond.

CRIMINAL TRESPASS: A resident of the 100 block of Carver in Madison reported a criminal trespass at 2:16 p.m. March 27.

The resident requested that an unwanted person be removed due to concerns with drug activity on the property by non-residents.

County AIDS death rate drops

Experts: Still no cause to celebrate

By Paul Mackie
Staff writer

New drugs and continued prevention efforts contributed to a decrease in deaths among people with AIDS locally and throughout the state of Illinois.

However, experts warn that the cases of HIV infections are not necessarily declining and an individual's key defense is prevention.

"Protease inhibitors that have been introduced over the last two or three years are more effective in combating the virus for many, but they don't work for everyone," said Lynn Croxton, outreach specialist for Madison County AIDS Program.

Experts agree that the early use of the word "cure" after the invention of new combatants was misleading. The drugs are a form of treatment, and viruses can return immediately once use is discontinued, they said.

In Madison County, only four new cases of AIDS were diagnosed last year. That number was down from 12 new cases in 1996. However, those numbers could be misleading because 1998 reports are premature, said Tom Schaeffer, spokesman for the Illinois Department of Public Health.

Illinois, 577 new cases of AIDS were diagnosed in 1998, but Schaeffer said that number could increase by as much as 800 later this year, when all reports have made their way to the state. He said a more accurate reading is the 1,305 diagnosed cases of AIDS in Illinois in 1997. However, a good sign was that the numbers had decreased from 1,800 in 1996, 2,191 in 1995 and 2,555 in 1994.

There were a total of 21,577 cases of acquired immune deficiency syndrome reported throughout the state between 1981 and 1998. Sixty-four percent of those people have died, but that number appears to be lowering each year.

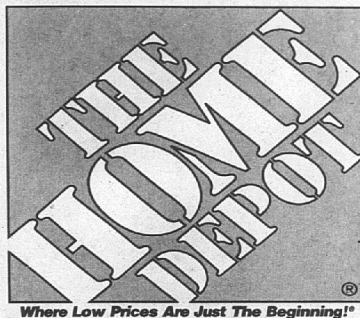
"Despite this encouraging news, it is not time for complacency. Human immunodeficiency virus/AIDS remains a deadly but preventable disease," said John Lumpkin, public health director for the Department of Public Health.

The drugs may fend off what experts call "a very clever virus that mutates quickly," but they aren't coming at a cheap cost to the patients or the taxpayers.

To survive, a person must have a high T-cell count and a low viral load. HIV, however, kills T-cells. Therefore, an AIDS or HIV patient must go through a tough regimen to keep the disease at bay.

"They have to take between five to 20 pills a day, which costs about \$10,000 to \$50,000 each year," Croxton said. "A lot of people get dropped from their insurance companies or didn't have insurance in the first place. That means tax dollars are going to these drug expenses."

The Department of Public Health's spending in its AIDS Drug Reimbursement Program has increased from \$2.4 million in 1995 to \$16 million last year.



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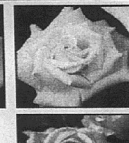
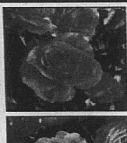
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Rueter deserves praise for guiding Hawks to title game

Baseball is not the only rite of spring. For a sportswriter, spring represents the end of March Madness and brings with it selection time.

However, when it comes to all this and all that in 1999, my nod for Coach of the Year goes to Dennis Rueter, who guided Gibault of Waterloo to the state Class A boys basketball championship game.

In a season that ended on a 3-point shot with 1.4 seconds to play at the Carver Arena in Peoria, Gibault had many more memories than a 45-43 loss to Rock Falls in the title contest.

During its first year to state, Gibault not only proved the level of competition in southwestern Illinois but showed class after a ragged fourth quarter against Rock Falls.

Some observers might dwell on a blown 11-point lead or missed free throws or missed calls by officials, but Rueter put things in perspective when he said: "Obviously it's a very discouraging loss, but we have to be pleased with what we accomplished this year."

What Gibault accomplished besides nearly bringing the school of 328 enrollment its first state crown in any sport was the ability to put together a 28-7 record that included losses of 64-36 to Murphysboro, 60-22 in overtime to Althoff, and 75-45 to Nashville in the Nashville Tournament title game — marking a second defeat to the Hornets this season.

It was at Belleville West that I noted a change in Rueter, whose record in 19 seasons at Gibault is 382-156.

During a 68-63 victory against the Maroons, Rueter seemed more relaxed along the sidelines than the animated coach of previous years. That triumph was the sixth in succession but preceded a 64-56 loss to Mater Dei.

Yet, the Hawks avoided losing two straight at any time and sandwiched streaks of six around a 41-40 setback

See RUETER, Page 2B

Granite City wins opening game



Granite City's Amber Hubert (9) battles for control of the ball against Alton in Saturday's season opener. The Warriors posted a 3-0 win.

Todd scores two goals in victory against Alton

By Rick Broome
Staff writer

Erika Todd scored two goals and the Granite City defense kept Alton away from the goal Saturday as the Warriors opened the 1999 season with a 3-0 waxing of the Redbirds at Gordon Moore Park.

"We didn't feel that we had our best game, but our keeper only touched the ball twice," Granite City coach Gene Baker said. "So we can't feel too bad about that. We didn't make the finishing passes as much as we would have liked; we were just slightly off on that. But in defense of the girls, the field conditions had a slight bit to do with that."

"(Alton) had two games under their belt. They had a tie with (Springfield) Sacred Heart (Griffin) that they were pleased with — they felt Sacred Heart was a good team — and then they had no problem with Metro East (Lutheran)."

"We had a little bit of the first-game jitters, as to we still need more girls talking at critical times. We need to get the key through pass in, but the field was a little choppy." The Warriors showed some of their ball-control skills in the opener. None was more impressive than Todd.

She fired a point-blank missile in the 19th minute which was blocked by the Alton keeper.

But Todd finally broke through in the 37th minute when she finished off a flurry of shots with a side-footed touch.

Todd almost set up another goal early in the second half, when her hard cross to Jamie Raub in the box connected and Raub hit it home. But the play was called offside.

Todd came back less than three minutes later to score when she was left unmarked at the edge of the area, held the ball, hesitated, and curled a shot around the keeper.

Leah Gambin scored Granite City's third goal with a beautiful volley off of a cross from Brandi Ficker in the 63rd minute.

Co-captain Melissa Montgomery took care of things in the defensive end and the Warriors were never threatened down the stretch.

"I thought Erika Todd had a great game," Baker said. "Melissa was subtle as a settling force, as she always is in our backfield. Then when we move her forward, we are real good."

"It was nice to see Leah Gambin get a good goal. She looked up, took her time, and did a good job with it. Chelsea (Peery) did a good job in goal, Debra Aaron did a good job."

"Erin Tyler is an exceptional freshman, did a wonderful job; and Kelly Mitchell came in to the game and played quite well as a

See TODD, Page 4B

Norman, Thomas share Class A honors

Norman's conquest of records at Lebanon mixed style, substance

By Scott Marion
Staff writer

The numbers, impressive as they are, don't tell everything there is to know about Lebanon basketball player Les Norman.

The 6-foot guard, named Class A Co-Player of the Year for Journal Newspapers of Southern Illinois, had a superb statistical season as a senior. Norman averaged 29.1 points, 13.1 rebounds, 6.5 assists and 4.5 steals per game.

A four-year starter, Norman ranks first in the Greyhounds career scoring with 2,224 points.

"Without a doubt, he's our career leader in assists and steals, and he might be our leading rebounder, too," said Lebanon coach John Schieppe.

"He's so talented with the ball, and his ability to jump the way he can is just amazing for a 6-foot kid. The thing that shocked me the most this year was his averaging 13 rebounds a game."

"He's improved every year, but what really stuck out with me is the fact that he can shoot, come in and get the rebound and maybe have to take two or three more shots, but he'll still score."

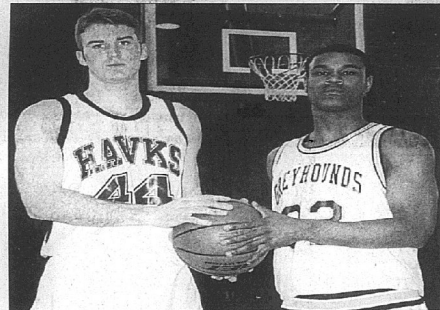
Norman's statistics, though, don't reflect his dedication to the game and his efforts to polish a style of play which enabled him to land a scholarship with NCAA Division I school San Jose State University in California.

"If I had to pick one word to describe our relationship, I would say 'stubborn,' Schieppe said. "He's got a

ALL-JOURNAL BASKETBALL

CLASS A BOYS
Players of the Year
Les Norman, Lebanon.
John Thomas, Waterloo
Gibault.

First team
Reid Jones, Columbia.
Brian Gracie, Dupu.
Derrick Tewell, Freeburg.
D'Monte Singleton, Lebanon.
Zach Taylor, Valmeyer.



Gibault senior John Thomas (left) and Lebanon senior Les Norman (right) shared the spotlight in Class A basketball this winter.

goal, and when he gets out to San Jose State, he wants to be ready to perform. He'll do a fine job."

Norman, who was nominated for the Illinois Mr. Basketball award, was named first-team

all-state by the Illinois Basketball Coaches Association and the Chicago Sun-Times and was named to the second

See NORMAN, Page 3B

Thomas paced Gibault's march to second place

By Karen Vartanian
Staff writer

John Thomas' life has been like a whirlwind of late. And the 6-foot-6 Gibault High senior has no one to blame but himself.

Thanks largely to his phenomenal performance at the IHSAA Class A state tournament in Peoria on March 12-13, Thomas' phone has been ringing off the hook from eager college recruiters.

"It's been pretty crazy," said Thomas. "I've been talking to a lot of junior colleges, some Division II's and some Division I's."

Thirteen different colleges called Thomas — the Class A Co-Player of the Year for the Journal Newspapers of Southern Illinois — on March 22.

The following day, Thomas

See THOMAS, Page 3B

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Sports

Hutton, Lutz nominated for amateur honor

Metro East standout pitchers among five finalists for Rising Star Award

The Greater St. Louis Amateur Baseball Hall of Fame and Mike Shannon's Restaurant have announced the five finalists for the 1998 **PREP BASEBALL** Rising Star Award.

The award is presented annually at the ABHF Induction and Awards Banquet, this year scheduled for April 10.

The finalists were selected by members of the Amateur Baseball Hall of Fame's Board of Directors. The winner will be chosen by area coaches, American Legion coaches, sports scouts and the ABHF Board of Directors.

Lutz, who was nominated for the award last year as well for his performance as a sophomore, was 10-2 as a pitcher in his junior season

and batted .509 as a hitter. He led Collinsville in a 2.09 earned run average and struck out 107 batters in 89 1/3 innings.

At the plate, he hit 12 home runs and drove in 54 runs. Hutton led Edwardsville High to its unbeaten state championship season last spring. He also helped Edwardsville's American

Legion team capture the national championship in Las Vegas last summer.

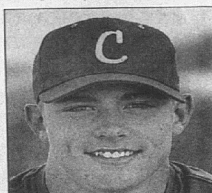
Inductees to the Amateur Baseball Hall of Fame will be Bert Beckman, Bob Kehoe, Jack Lane, Robert Long Jr., John May, Donald Meyer, Martin McCabe, Charles Mueller, Jasper Sottile, Bill

Struharik, Roland Stuckmeyer, Patrick Sweeney, William Washington, Ken Whitehead,

Ed Chard, Irl Lack, Marvin "Bud" Miller, Bob Sharp, John Horn Sr. and Raymond Perez.

To make reservations for the banquet, contact Al Grosch at 314-631-9795.

Collinsville's Ken Lutz.



Collinsville's Ken Lutz.

Standings

SOUTHWESTERN CONFERENCE			
Team	Conf	Overall	
Collinsville	20	23	
Bellville East	20	23	
Edwardsville	10	19	
Bellville West	10	19	
Alton	20	21	
Granite City	10	11	
East St. Louis	20	63	

MISSISSIPPI VALLEY			
Team	Conf	Overall	
Triad	0	1	
Jerseyville	0	1	
Highland	0	0	
Waterloo	0	0	
Mascoutah	0	12	
Civic Memorial	0	62	

CAHOKIA			
Team	Conf	Overall	
Marissa	0	20	
Westlin	0	10	
Dupo	0	10	
Columbia	0	32	
New Athens	0	11	
Frederburg	0	11	
Red Bud	0	0	
Lebanon	0	0	
Briens	0	0	
Carlyle	0	94	

Rueter deserves praise for taking Hawks to Class A state title game

Continued from Page 1B

at Mascoutah before reaching Peoria.

Was Breese Central's upset of No. 1-ranked Yorkville the impetus Gibault needed?

Possibly, but a forever influence at Gibault's center was the coach who got a little more animated at state and drew television analysts' attention when he shouted "John Thomas!" at the name of the high-scoring Hawks center.

"Sounds like a mother calling her son," said a commentator for the Chicago Fox Sports Network.

The same commentators (Mike Leiberman and former pro Norm Vanlier) were accurate in referring to Gibault being from St. Louis, but most accurate in their appraisal of the Hawks' 65-37 semifinal rout of Quincy Notre Dame.

"Anyone who gets a tape of the semifinal game will have a great teaching tool," said Leiberman.

After reaching 20 or more wins 11 times in the past 17 years and setting a school record with 28 triumphs in 1989-90, Rueter has compiled numbers that would seem to make him a candidate for Coach of the Year in any year.

His assets? "He is very organized and pays much attention to detail," said Rueter's coach Norm Tonjes.

"His teams are always well prepared and are not surprised by anything the opposition does."

Is the coach an influence? Consider the 67-62 supersectional victory against Johnston City at Carbondale where sophomore guard John Buchmiller scored 10 of his 12 points in the latter stages of the game.

Of the pressure of netting two 3-point field goals and four consecutive free throws, Buchmiller referred to "being nervous." Then he added: "But once you get over the atmosphere and people get down to start playing the game, it's just much easier."

That kind of poise is not just a reflection of the player but is an extension of the coach.

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"He's a scorer and a great 3-point shooter; he shot over 40 percent. He also shot 82 percent from the free throw

Taylor also was eighth among Metro East leaders in assists, recording 4.76 a game.

Second team
Ryan Henson, Columbia;
Tyler Krauss, Freeburg; John
Buchmiller, Gibault; Josh

Ryan Henson, Columbia; Tyler Krauss, Freeburg; John Buchmiller, Gibault; Josh Mueth, Gibault; Brandon Hall, Madison; Andrew Lauber, Metro East Lutheran; Darren Liefer, Red Bud; Tim Welch, Valmeyer; LaRon Cole, Venice; Brandon Rakers, Wesclin; Josh Wellen, Wesclin.

Continued from Page 1E

Thomas paced Giba

"People can't say I'm a ballhog because I did every other part of the game as well. At the next level, everybody can score, so my defense is what I take the most pride in."

ult's march to state

Continued from Page 1E

Thomas likely will settle on a school around April 10. "As of right now, I'm pretty open to what my future's going to be," Thomas said. "I'm just trying to keep my head and make the right decision."

"He was a good player all year," said Hawks coach Dennis Rueter. "He was dominant and extremely

"It's going to take me a while to come to terms," said Thomas, who attended grade school at Immaculate Conception in Columbia. "It was real frustrating. That's every kid's goal I think to be state champion whatever their sport is. Yes, it's frustrating but for some of the kids now, it's motivation. All the young guys have a chance to get back next year."

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SAFETY

Granite City splits season-opening doubleheader

By Rick Broome
Staff writer

Granite City opened the baseball season with a doubleheader split against Washington (Mo.) on Saturday afternoon.

PREP BASEBALL

The Warriors lost the first game 4-2 after being unable to drive home runners.

"We left 14 runners on in the first game, which is very difficult to do in a seven-inning game," Granite City coach Gus Lignoul said. "We had a couple of the same people up in key situations, two or three times in the game, and they were unable to get the job done. So we had plenty of opportunities."

The Warriors also shot themselves in the foot with a cluster of defensive errors characteristic of first-game uneasiness.

"We were ahead 2-1 in the fifth inning and they scored three runs on one hit," Lignoul said. "We made three errors in one inning. We made two fielding errors and a throwing error. A lot of times in high-school baseball, games are lost instead of won and that was a game that we lost."

"To leave that many runners on, we obviously had our opportunities. And anytime that you give anybody

more than three outs in an inning, which we did in the fifth, you are doing nothing but asking for trouble."

"Our pitching was pretty good. Sean Courtney went four innings. We had him on a 60-pitch limit because he was scheduled to pitch Tuesday against Collinsville, so we took him out."

"They scored their three runs against Steve Ward in the fifth inning. He walked the first kid and then the second kid bunted and he made an error, so he allowed the first two runners on. So he didn't help himself any when he came in. They

double-stealed and we made a throwing error and we made a fielding error in right field, so we kind of gave it away. But then Dustin Murphy came in and pitched the sixth and seventh innings and did a nice job. That's what we are going to have to have from him."

The second game was a different story for the Warriors. Granite City's Scott Shorten threw a complete game and only allowed one earned run. He struck out seven and walked just two.

"Scott did a real nice job," Lignoul said. "We played some different kids the second game and some of those

kids came through. Jeff Schlick had a big double to put us out in front."

Devin Mayes was 5-for-8 for the doubleheader and Teddy Millas was 4-for-8. Devin can do a lot of things for us. He swings the bat pretty well, he has a real short, quick swing, he puts the ball in play and doesn't get himself out. Defensively, he has been very solid at shortstop. He is very good mechanically, he moves his feet, he has a lot of skills. He can also pitch for us, so as the season goes along I'm sure we'll see him in that role also.

"Teddy Millas did a nice job of getting on base. The thing about Teddy is that everytime he is on base is an adventure. We have been working on his baserunning, but he still has some work to do there."

Todd scores two goals in Warriors' opening victory

Continued from Page 1B

freshman Keri Ousley has a little bit of an injury, but still playing well. Jessica Vasiloff is in top condition, but her work rate in the game is not there yet. The same way with Jamie Raub — they are skill players that we need. We look for Amber Hubert to come to play against Collinsville."

Granite City will head into Thursday's Southwestern Conference match against the Kahoks without one of its weapons. Felicia Mohsen, noticeably hampered Saturday by the lingering effects of last year's injury, will have the pin in her knee removed this week. The Warriors hope to have her back and in form in two weeks.

"Felicia will not be playing in the game Thursday," Baker said. "She is going to have the pin removed. She should be back to practice the following Wednesday and hopefully be able to play that Thursday against (north St. Louis County) Incarnate Word. So we'll play shorthanded, but I

really like our team."

"(Against Collinsville), it's almost the same game all the time. It's more of sending the ball forward, a lot of sliding. I think in those situations, they are smart enough to try to put the game into the officials' hands. They have some good players returning. Amanda Kirksey is a very good player, (Cara) LeMaster is a very good player. But we have a good balance on the field, and before it's over, we are going to be a very, very good team — a team to be reckoned with, I think."

Prep track results

Girls

Southwestern Relays

Team Results

1. Mount Vernon 113; 2. Belleville East 77; 3. Edwardsville 71; 4. Belleville West 60; 5. O'Fallon 60; 6. Jerseyville 56; 7. Granite City 51; 8. Alton 32; 9. Collinsville 23; 10. Springfield 22; 11. Triad 13.

Individual Results

100 dash — 1. Miller (MV) 12.9; 2. Penelton (Edwardsville); 3. Love (MV); 4. Jackson (East); 5. Kirby (Edwardsville); Shot put — 1. Danielle Lawry (West) 40; 2. Waters (Jersey); 3. Liz Wanless (West); 4. Barnett (Triad); 5. Alisa Monroe (Granite City); Discus — 1. Vaters (Jersey) 118; 2. Danielle Lawry (West); 3. Oliver (MV); 4. Shannon Wobbe (West); 5. Alisa Monroe (Granite City); 4x400 relay — 1. Edwardsville 4:25.90; 2. Jerseyville 3; O'Fallon 4; Mount Vernon; 5. Belle-

vile East; 800 sprint medley relay — 1. Granite City 1:57.70; 2. Alton; 3. Belleville East; 4. Mount Vernon; 5. Edwardsville; Long jump — 1. LaKisha Jackson (East) 16-50; 2. Love (MV); 3. Nicole Bellman (Granite City); 4. Christina Archibald (West); 5. Amber Ridgeway (Granite City); High jump — 1. Christina Archibald (West) 5-6; 2. Stockland (Alton) and Harrison (MV); 4. Kirby (Edwardsville); 5. Brunaugh (Jersey); Triple jump — 1. Miller (MV) 33-7; 2. Harden (O'Fallon); 3. Lori Thebeau (Collinsville); 4. Nash (Springfield); 5. Christine Betz (West); 4x100 hurdles relay — 1. O'Fallon 1:12.40; 2. Mount Vernon; 3. Belleville East; 4. Jerseyville; 5. Edwardsville; 4x200 relay — 1. Mount Vernon 1:59.9; 2. Belleville East; 3. Edwardsville; 4. Springfield; 5. O'Fallon; 300 hurdles — 1. Irwin (MV) 49.3; 2. Kelly Zickus (Collinsville); 3. Folles (Jersey); 4.

Harden (O'Fallon); 5. Bipsby (MV); 4x100 relay — 1. Belleville East 52.1; 2. Edwardsville; 3. Alton; 4. O'Fallon; 5. Granite City; 4x800 relay — 1. Edwardsville 10:10.2; 2. Mount Vernon; 3. Jerseyville; 4. Belleville West; 5. Springfield; 1,600-meter run — 1.

Amy Semith (Edwardsville); 2. Jennie Illig (O'Fallon); 3. Kristel Adler (East); 4. Katie Lanius (East); 5. Taake (Jersey); Distance medley — 1. Mount Vernon 13:39; 2. Granite City; 3. Belleville East; 4. Belleville West; 5. O'Fallon.



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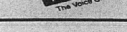
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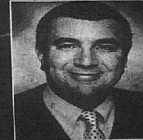
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Doug McElvein

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Mornings
5:00am -
8:30am

"She would be an outstanding candidate. There is going to be a woman president one of these days and we might as well start the new century, I think, with a woman in the White House."

Former senator and presidential candidate, Bob Dole with his wife running for the Oval Office, as heard on KMOX.

KMOX
News/Talk 1120

The Voice Of St. Louis

Movie Schedule

Film timetable for Wednesday, March 31. For times on other days or to confirm these times, check local theaters.

CARMIE PETITE
170 and Hwy. 157, Collinsville, 62240-1708
Baby Geniuses (PG) 7:15, 9:25
Analyze This (R) 7:00, 9:30
The Mod Squad (PG) 7:00, 9:30
The King And I (G) 7:10
Carrie 2 (R) 9:15

NAMEOKI CINEMA
30 Nameoki Village, Granite City, 62240-1708
Shakespeare In Love (R) 7:00
Carrie 2 (R) 7:15

O'FALLON 15 CINE
1320 Central Park Dr., O'Fallon, 62240-1708
Forces Of Nature (PG-13) 1:00, 3:20, 5:40, 8:15
Forces Of Nature (PG-13) 2:00, 4:20, 7:10, 9:30
Cruel Intentions (R) 2:15, 4:30, 7:00, 9:15
Carrie 2 (R) 2:15, 4:35, 7:10, 9:25
10 Things I Hate About You (PG-13) 2:10, 4:15, 7:05, 9:25
Deep End Of The Ocean (PG-13) 1:00, 3:20, 5:45, 8:10
Ed TV (PG-13) 1:15, 4:10, 7:00, 9:40
Payback (R) 2:30, 4:50, 7:15, 9:35
The King And I (G) 1:15, 3:30, 5:50, 8:00

Wing Commander (PG-13) 1:00, 3:10, 5:25, 7:45, 10:00
Life Is Beautiful (PG-13) 1:30, 4:15, 7:15, 9:50
Shakespeare In Love (R) 2:00, 4:30, 7:20, 9:55
The Other Sister (PG-13) 1:20, 4:20, 7:00, 9:45

ST. CLAIR 10
50 Ludwig Drive, Fairview Heights, 62240-1708
Baby Geniuses (PG) 1:35, 4:35, 7:35, 9:55
Analyze This (R) 1:15, 4:15, 7:15, 9:35
Doug's First Movie (G) 1:05, 4:05, 7:05, 9:30
The Mod Squad (R) 1:45, 4:20, 7:00, 9:15
True Crime (R) 1:30, 4:30, 7:30, 10:05
Matrix (R) 1:10, 4:10, 7:10, 9:50
Matrix (R) 2:00, 5:00, 8:00
The Corruptor (R) 1:00, 4:00, 7:45, 10:00
Saving Private Ryan (R) 1:20, 4:40, 7:50

SHOWCASE 12
EDWARDSVILLE
6631 Center Grove Rd., Edwardsville, 62229-7469
Forces Of Nature (PG-13) 5:00, 7:20, 9:50
Ed TV (PG-13) 4:40, 7:30, 10:10
Cruel Intentions (R) 5:30, 7:50, 9:55
True Crime (R) 4:00, 7:00, 10:00
Analyze This (R) 4:50, 7:10, 9:40
Wing Commander (PG-13) 4:50, 7:15
Ravenous (R) 10:05
The King And I (G) 4:30, 6:40
The Deep End Of The Ocean (PG-13) 8:20
The Other Sister (PG-13) 5:10, 8:00
True Crime (R) 5:20, 7:40, 9:45
Doug's First Movie (G) 3:50, 6:30, 8:50
Shakespeare In Love (R) 4:20

Horoscope

WEDNESDAY, MARCH 31
The full moon in the partner-perfect sign of Libra will release the truth. Whatever may have come between lovers can easily be dealt with when people understand each other's feelings. Though Mercury is still retrograde, it's easy to communicate if we look for the meaning behind things instead of taking them at face value.

TODAY'S BIRTHDAY (March 31)
You make astounding personal strides! Your career plans are delayed now, but they will leap forward in June or August. Love is on the question in October. A financial investment made quite some time ago brings a windfall. Your artistic energy is at a high throughout the winter months and may even lead to monetary gain. Your lucky numbers are 1, 15, 22 and 30.

ARIES (March 21-April 19)
A work partner shows an interest in non-business-related activities. Your restless cycle ends — now you know exactly what you want out of a lover. You will need to make a greater effort to preserve the feelings of close friends.

TAURUS (April 20-May 20)
A turning point in the mid-afternoon sets you on a much more direct path toward money. Take romance to the next level of commitment. Be prompt in your response to a creditor, landlord or employment agency.

Joyce Jillson
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GEMINI (May 21-June 21)
Generate mystery around yourself. You are an exciting, versatile personality. Financial security is closer. Continue to vie for a new role at work, as it is only a matter of time before you get it. Give a partner quality time.

CANCER (June 22-July 22)
Pause to chat at the water cooler; you'll get a hot tip. Contact with a competitor improves your business. A lover or may be defensive or snappy due to pressure; finding the key to alleviating that stress is a sure way to his or her heart.

LEO (July 23-Aug. 22)
Work is easy right now, so take advantage, and slow your career opportunity is found in an unusual place. Your new love may have more feelings toward you than you think. Green lights are on for upcoming pleasure jaunts.

VIRGO (Aug. 23-Sept. 22)
If someone pursues for an impossible favor, it's because you give the impression of being able to handle anything. Your sensual nature is attractive to a Taurus. Call a friend for news from the top that affects you.

LIBRA (Sept. 23-Oct. 23)
You love people who challenge your ideas. Writing and creative pursuits go very well now. Deliberate action is the only way to prove your point in a relationship issue. Someone you thought you did not like becomes a close friend.

SCORPIO (Oct. 24-Nov. 21)
When someone you admire stops complaining and starts doing something, you are inspired to follow suit. Find a promise, especially to a family member. Chores completed give you a sense of accomplishment and victory.

SAGITTARIUS (Nov. 22-Dec. 21)
Higher-ups view you as a viable partner. Be careful not to underestimate people today. An acquaintance is more complex than he or she seems. Escape from a hectic scenario, and enjoy yourself.

CAPRICORN (Dec. 22-Jan. 19)
Modesty charms those who already think you're ultra-talented. Do not repeat past mistakes — put your foot down immediately. New responsibilities in your community bring prestige. Take advantage of an opportunity.

AQUARIUS (Jan. 20-Feb. 18)
Family feuds are settled today. Meetings, pitches and entertaining go beautifully. Use your sense of humor to deal with a current love who needs to be constantly praised. Confirm plans early, and a good time tonight is assured.

PISCES (Feb. 19-March 20)
Save energy, and focus on a productive end of the week. Experiment with money options before choosing. A huge endeavor begins with tiny steps.

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You are invited to the 51st Annual
Easter Sunrise Service
6:00 AM Sunday Morning, April 4, 1999

- † Celebrated Live from Granite City's Wilson Park Recreation Center
- † Sponsored by Concordia, Hope and St. John Lutheran Churches of Granite City
- † Guest Preacher: Reverend Dale Skeesick Of Lutheran Hour Ministries
- † Service Accompanied by Brass Ensemble, Familiar Easter Hymns Sung
- † Broadcast Live on WGNU AM 920 (Courtesy of First Bank, Granite City)
- † Light refreshments served following the service.
- † Give thanks to the LORD, for He is good! His mercy endures forever.

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Kissinger address highlights Principia student conference

By Ande Yaksits
Staff writer

Students at Principia College in Elsah will welcome former Secretary of State Henry Kissinger, who will deliver a major address on the campus on April 8.

Kissinger, an internationally acclaimed diplomat, will speak at 8 p.m. in Cox Auditorium at the 50th annual Principia Public Affairs Conference at the historic college in Elsah.

"We're excited that Henry Kissinger is coming to our Principia campus for a major speech," said senior student Matthew Sonnesyn, executive director of the student-sponsored conference.

Kissinger's appearance will kick off a two-day public affairs conference, which also will feature Jody Williams, who received the 1997 Nobel Peace Prize for her work to ban land mines.

Williams will be the featured speaker at 8 p.m. April 9 in Cox Auditorium in an address

open to the public.

"Admission to Dr. Kissinger's speech is by ticket only," said Tim Booth, special events coordinator at Principia.

"Facing Global Challenges: The 21st Century" is the theme of the conference, which will bring together more than 180 college and university students from around the world to search for ways to use diplomacy to face the challenges of the next century.

"It's the fourth time that Henry Kissinger has visited the Principia College campus since the 1950s," Sonnesyn said.

Famous leaders such as former President George Bush and former British Prime Minister Margaret Thatcher are among the notable people who have made major speeches at Principia.

Principia is a liberal arts college of 600 students located on the bluffs above Elsah, 14 miles west of Alton.

"Henry Kissinger is one of the great diplomats of the century," Booth said. "It's an inspiration to the students to have Mr. Kissinger speak on our campus."

Kissinger, a Nobel Prize Peace recipient in 1973, was Secretary of State for Presidents Nixon and Ford. He arranged Nixon's historic visit to China and negotiated agreements between Egypt and Israel and between Syria and Israel.

Kissinger headed a bipartisan Presidential Commission on Central America for President Ronald Reagan and served as a consultant to Presidents John F. Kennedy and Lyndon Johnson.

The student-supervised Public Affairs Conference started at Principia in 1939 and has featured many world leaders.

"It's the oldest student-operated public affairs conference in the nation," Booth said.

Jankowski hosting area Prayer Breakfast May 3

Steve Jankowski, afternoon voice of KMOX Radio, will be the master of ceremonies of the first Congressional Prayer Breakfast, set for May 3 at Gateway Center in Collinsville.

The event, modeled after the Mayor's Prayer Breakfast in St. Louis, will feature Jankowski; U.S. Rep. John Shimkus, R-Collinsville; Rep. Jerry Costello, D-Belleville; and keynote speaker Tim Philpot, a former Kentucky state senator, attorney and president of the Christian Business Men's Committee.

"I see this event as a great way to symbolically move beyond barriers on the

east side," said Jankowski, who resides in Alton and is a graduate of Southern Illinois University at Edwardsville. "The mission of the Congressional Prayer Breakfast Committee is to break down regional, societal and political divisions."

The 25-year veteran of both radio and television was three times honored with Emmy nominations for work in television news while employed at KMOV-TV (Channel 4) in St. Louis. For the last three years, Jankowski has worked as a show host, anchor and reporter with KMOX Radio, where he is the co-host of "Total

Information PM."

The effort to fill the Gateway Center on the morning of May 3 started late last year when a group headed by Alton-area businessman Gary Tedrick, David Stevenson and Ted Pehn got commitments from Shimkus and Costello to co-sponsor a prayer breakfast in 1999. Immediately, political and business leaders from all over the Metro East joined in the effort. A committee has been meeting monthly since the holidays.

As for a keynote speaker, the committee did research to find the most inspirational speaker available.

St. Elizabeth's finishes season

The St. Elizabeth sixth-grade girls basketball team just completed a successful season.

The team was undefeated competing at their own level against other sixth-grade school teams, but they did have two losses this year. These two losses were against a select team from the Belleville area who participated in the Holy Family tournament in November and the seventh-grade Grigsby girls in February.

The girls played in five tournaments this season. They won three of them and finished second in the other two. The team defended their title March 13 at the Lewis and Clark invitational tournament by defeating St. Ambrose of Godfrey, Roxana and host Lewis and Clark.

The team is coached by Paul and Joyce Mills.

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Controversies Rage Over Clinton - Lewinsky "Postage Stamps"

Remote Region of Georgia Releases Local "Stamps" and Creates Hot Collectible

Washington, D.C. — Everyone is talking about the release of a set of 6 spectacular President Bill Clinton - Monica Lewinsky "Postage Stamps" issued by partisans from Abkhazia, who are seeking recognition and funding for their state in a remote area of Georgia. The spoof and resulting controversies has taken the politically minded and stamp collectors by storm.

"First Business Week featured this set in their 'Up Front' column and then The Limbaugh Letter added its comments, all of which just fed the frenzy," stated John Van Emden, President of the International Collectors Society. "Now we have a flood of interest from people who either love or hate the whole Clinton - Lewinsky scandal, but they want to have this issue. Our phones are ringing off the hook."

The set of six full color "stamps"

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Collectors race to obtain copies of the controversial issue.

depicting the President and Ms. Lewinsky is not valid for postage anywhere except in areas of Georgia controlled by the Abkhazians. This has led to a controversy over whether these are really "Postage Stamps". Abkhazia is not yet recognized by other postal authorities around the world.

"All this controversy seems only to have made the issue more popular and the stamps more difficult to find," added Van Emden. "In fact, we're nearly sold out."

Gotta have 'em? They are available for a short time at \$9.95 (plus \$3 postage and handling) for the complete set of 6 colorful "stamps". You'll also receive an individually numbered Certificate of Authenticity. The most you can buy is six sets. Send your check or money order to ICS, 3600 Crondall Lane, Suite 100SLW, Owings Mills, MD 21117. To order by credit card, call toll free 1-800-606-2996.

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D-4 Beef with Vegetables	D-10 Hunan Chicken	D-16 Special Combo Fried Rice
D-5 Beef with Broccoli	D-11 Moo Goo Gai Pan	D-17 Fried Rice of Your Choice
D-6 Chicken with Cashew nuts	D-12 Sweet and Sour Chicken	(Pork, Pork, Beef, Chicken, Shrimp)

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- Soup Station • Assorted Bread Station



Entrees

Roast Pork with Apples
Fried Chicken
Baked Cod - Lemon Butter
Baked Rigatoni
Mashed Potatoes & Gravy
Sweet Potatoes
Country Green Beans
Corn

Desserts

Carrot Cake
Double Chocolate Cake
Cheese Cakes
Swans
Puff Pastries
Cobbler/Bread Pudding

Ice Carving "Crystal Rabbit"

Buffet available in Banquet Room "Only".
Our Main Dining Room is Open
From 11AM - 10PM for Regular Dining

Auto...HE?to...

Prolong the life of your car

Owners of well-maintained older vehicles can often expect a good deal when it comes time to trade in that vehicle on a newer model. You don't have to be a mechanic, or hire one, to follow the most important rule in preserving a car: Drive safely and properly.

Forethought, driving techniques can help preserve a car's life.

Try to plan where you are going, for two reasons. First, you can save fuel if you take efficient routes. Second, you will be able to take your time instead of rushing around and changing an accident.

Avoid unnecessary loads. Empty your car of useless weight. Place heavy objects near the car's center so that weight is evenly distributed.

Walk around your car before driving it. Doing so could reveal a tire in need of air or some obstacle that will block your car's path.

Make sure you have two side mirrors, plus a rear view mirror, and that they are properly positioned. Always be sure to look back and check your blind spot.

Don't ride with your foot on the clutch and try not to hold your car stationary on a hill by using the clutch pedal. Both of these mistakes can result in a clutch that needs replacement before its time.

Keep the fuel tank near full in cold weather to avoid water condensing in the fuel system. Try to use your cruise control to maintain a steady speed. Remember that your car's efficiency is at its maximum at 50 mph.

Routinely check basics such as oil level and belts

In the hazy good old days, gas station attendants not only filled your car with gas but also looked under the hood to check oil level, belts and other important items. Now drivers may go months without checking the engine compartment. Generally, you should check the engine oil level weekly all year round, and the coolant level and the tire pressure weekly during cold weather.

Items that need to be checked monthly include window washer fluid, brake fluid, power steering fluid level and lights. Also, look at your belts and radiator hoses to make sure they aren't cracked.

Change your oil every 3,500 miles. You can do this yourself, but oil often can be changed almost as inexpensively at service shops. An advantage to getting oil changed at a service shop is that the employees will also do undercarriage inspections, lubricate any necessary spots and properly dispose of used oil.

In general, replace the car's spark plugs every 30,000 miles, sooner if the car feels sluggish. About every six months you should check or have checked the suspension, transmission fuel level, exhaust system and muffler, and the emergency brake.

You will also want to check windshield wiper blades and the air pressure in your spare tire. Some items on your car will need to be replaced every year or two. Check vacuum hoses and replace if they are cracked, and replace your air, fuel and PCV filters.

To avoid unnecessary wear on tires, rotate them every year or two.

Usually you can depend on having to replace some items, such as distributor caps, batteries, shock absorbers and spark plug wires, about every three or four years.

Be aware of recommended service schedules

Just how often you need to service your car may also vary depending on how often and where you drive it and what type of car you have. The vehicle manufacturer will make some servicing recommendations, but remember that these are based on tests that they run on the cars, not the way you may use your car over the years.

You can consult a good mechanic or service manager to find out when items should be checked or replaced. Another good source is your local library, which carries plenty of books on automobile care and maintenance.

Keep your car looking sharp as well as running well

Remember that keeping your car running does no good if you're embarrassed to drive it because of how it looks. Wash your car regularly, and try to wax it twice a year at least.

Keep a trash bag in your car so that you aren't tempted to throw papers and empty cans on the floor.

Record all services and repairs performed on your car

Finally, record the checks and repairs you make on your car in an automotive log that lists the purpose of the repair, where it was done, the invoice number, the cost and the odometer reading. When it comes time to sell or trade your car, you can ask top dollar because you can prove it's been meticulously maintained.

Sponsored by Community Tire

How to prolong the life of your tires

Automobile tires today can last a long time, but only if you treat them well. Excessive wear often occurs because of bad driving habits, irresponsible driving or, often, because something else is wrong with your car.

With the cost of tires today, it's in every motorist's best interest to preserve those tires reads as long as possible.

Inflation is important

Driving on properly inflated tires will not only extend the life of the tire it could save yours. An under inflated tire builds up excessive heat that may result in the tire losing air suddenly or even catching fire. Failure to maintain correct inflation will result in improper vehicle handling and rapid and irregular tire wear.

Inflations should be checked at least once a month and always before long distance trips. The correct tire pressure is indicated on the tire sidewall, but it indicates pressure in a cold tire. Cold tires have not been driven for at least three hours and no more than one mile. If tires are checked hot, the pressure will increase about four psi.

For example if a hot tire is checked at 32 psi and the recommended cold inflation pressure is 30 psi, two pounds of pressure should be added for a hot tire reading of 34 psi.

Stay in rotation

To obtain maximum tire wear, it may be necessary to rotate your tires. Refer to your vehicle owner's manual or tire manufacturer's recommendation to be sure you remain in compliance with tire wear warranties. As a general rule tires should be rotated every 6,000 to 8,000 miles. Anytime you notice unusual wear, rotate your tires as soon as possible and have the alignment checked. Some tires have arrows on the side wall which indicate which direction the tire should turn when rotating directional tires care must be taken to maintain the proper turning direction indicated by the arrows.

Tires should be rotated by moving the rear wheels to the front of the vehicle and switching side on the front wheels when rotating them to the rear of the vehicle.

Keep it straight

Maximum tire mileage has a lot to do with the mechanical condition of your vehicle. Proper wheel alignment (recommended every year), and shocks and struts (recommended every 35,000 miles), are essential components to obtain smooth, even wear on your vehicle's tires. Have your dealer check these every other oil change to ensure maximum performance.

All things being equal

For best performance and control, it is recommended that the same size and type tire be used in all four wheel positions.

If you mix tires of different sizes or type (radial or bias-belted tires), the vehicle may not handle properly and could cause a crash. Using tires of different sizes can also cause damage to your vehicle.

Don't sit and spin

Spinning wheels in excess of 35 mph (as indicated on the speedometer) is dangerous. Excessive spinning in a free running unloaded tire can cause a tire to explode from the centrifugal force. The energy released by such an explosion is sufficient to cause serious injury or even death. Never allow anyone to stand near or behind a spinning tire.

When in mud, snow, ice or other slippery condition do not engage in excessive wheel spin. Accelerating the motor excessively may cause a tire to spin beyond its speed capability.

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Howto...

Choose a pharmacist

It's 3 a.m., your sinus infection is making breathing a lost cause, and you want your penicillin prescription now. The niceties of which pharmacy or pharmacist to choose should have been figured out before that desperate call. So how do you select your family pharmacist before the inevitable illness?

Personal service can make a difference

If convenience is a significant factor, you need a pharmacist you can get to quickly. If insurance is a factor, you need to go where they'll pay for the medicine. If you need to shop, you'd want a place that offers that. Most pharmacies today offer more services than just medicine.

Especially if you have small children, you should seek a pharmacy that can provide prescriptions at all hours, can check for drug interactions, can provide information on the drug information about the drug and offers reasonable prices.

Price may not always be the most important factor

Price is major factor to people taking medicines and most pharmacies will offer generic substitutes. However, most pharmacies constantly advertising cheap prices may not be overly concerned with providing the most comprehensive professional services. Good pricing should not take the place of knowledgeable pharmacists who take the time to talk with customers.

The typical consumer doesn't know what is important about a medication and reading the enclosed printout doesn't always guarantee that a lay person can understand the directions or reactions to a particular prescription.

Therefore, although most pharmacies large or small now are equipped with computer systems that can cross-check drug interactions, having an actual pharmacist to talk to is important since many pharmaceutical technicians work alongside the pharmacists counting out pills and measuring medications.

Understaffed pharmacies may be mistake-prone

If you pick a place that's super busy with only one pharmacist and three technicians, you may have a higher rate of error because they're so busy.

Also a customer may miss out on the opportunity to be served by a staff that knows each person by name and can provide personal service. Big chains are nice but not as personal. However, what's happening is that more and more independent stores are closing and people are forced to call on automatic lines to get a prescription filled.

Although some people like to be able to pick up a carton of orange juice with their pills, some pharmacies sell only health-care related items, except for a few greeting cards. This is to ensure that the pharmacists can concentrate on prescriptions and not sundries.

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Howto...

Pay For Home Improvement Projects

As all homeowners know, embarking on a home improvement project costs money, usually lots of it. Whether the project is painting the house, installing a "dream kitchen," or adding an outdoor deck, the changes don't come cheap. So how can you afford to make any home improvements? The following are some options to consider.

Cash

The simplest and, ultimately, the least expensive way to pay for home improvements is to pay cash. That means saving your pennies until you have enough for your project. By paying outright, you don't go into debt, nor do you pay extra for interest.

Credit Card

Paying by credit card is another option. Assuming your credit limit is high enough, a credit card is easy and convenient to use. However, higher interest rates might lead you to conclude that this method of payment would be too expensive in the long run.

Home Loans

Taking out a loan is another way to finance home improvements. There are two main types: home equity loans and home improvement loans.

With a home equity loan, the amount of the loan is based on how much equity you have in your house and your income level. To figure your equity, determine the current market value of your home and subtract the amount of money you still owe on it. For example, if your home is valued at \$150,000, and you still owe \$80,000, then you have about \$70,000 in equity. Most lending institutions will loan 75-80% (or more) of the amount of equity in your house. Home equity loans come with a fixed interest rate, and your interest payments may be tax deductible. Check with a tax advisor to be sure.

Home improvement loans are based on the project itself, rather than the amount of equity you have and come with a fixed interest rate. Home improvement loans may be "secured" or "unsecured." With a secured loan, you pledge something as collateral, e.g., a car or certificate of deposit.

Home Equity Credit Line

Home equity credit lines (HECLs) are another way to pay for improvements to your home. With HECLs, you receive approval for a certain amount of credit and are issued checks with which to make advances on the credit line. Unless your HECL comes with an annual fee, you do not pay anything back until you actually use the credit. Interest rates are usually variable, and the interest is often tax deductible. One attractive feature of credit lines is that they are reusable. That is, after you've used your allotted credit and then paid some of it back, you are free to borrow again. You can also pay for things on a project-by-project or vendor-by-vendor basis.

Choosing a Payment Option

To decide which method of financing is right for you, talk to a representative at a lending institution. Since most of these options require going into debt, you should also ask yourself a couple of questions: Am I able to repay a loan? How much can I afford to pay each month, in addition to my current expenses?

Keep in mind, too, that just because you put \$10,000 into a beautiful new kitchen does not mean you'll get that amount back, dollar for dollar, when you sell your house. That fact need not stop you from putting in a new kitchen, but it might influence your spending decisions along the way. In other words, most improvements are an investment back into the house.

Once you've counted the cost and decided you're ready to take on a home improvement project, proceed with confidence and enjoy the changes to your home.

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Howto...

Prolong the life of your car

Owners of well-maintained older vehicles can often expect a good deal when it comes time to trade in that vehicle on a newer model. You don't have to be a mechanic, or hire one, to follow the most important rule in preserving a car: Drive safely and properly.

Forethought, driving techniques can help preserve a car's life.

Try to plan where you are going, for two reasons. First, you can save fuel if you take efficient routes. Second, you will be able to take your time instead of rushing around and changing an accident.

Avoid unnecessary loads. Empty your car of useless weight. Place heavy objects near the car's center so that weight is evenly distributed.

Walk around your car before driving it. Doing so could reveal a tire in need of air or some obstacle that will block your car's path.

Keep the car's windows clean. Make sure you have two side mirrors, plus a rear view mirror, and that they are properly positioned. Always be sure to look back and check your blind spot.

Don't ride with your foot on the clutch and try not to hold your car stationary on a hill by using the clutch pedal. Both of these mistakes can result in a clutch that needs replacement before its time.

Keep the fuel tank near full in cold weather to avoid water condensing in the fuel system. Try to use your cruise control to maintain a steady speed. Remember that your car's efficiency is at its maximum at 50 mph.

Routinely check basics such as oil level and belts

In the heralded good ol' days, gas station attendants not only filled your car with gas but also looked under the hood to check oil level, belts and other important items. Now drivers may go months without checking the engine compartment. Generally, you should check the engine oil level weekly all year round, and the coolant level and the tire pressure weekly during cold weather.

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In general, replace the car's spark plugs every 30,000 miles, sooner if the car feels sluggish. About every six months you should check or have checked the suspension, transmission fuel level, exhaust system and muffler, and the emergency brake.

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Remember that keeping your car running does no good if you're embarrassed to drive it because of how it looks. Wash your car regularly, and try to wax it twice a year at least.

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Finally, record the checks and repairs you make on your car in an automotive log that lists the purpose of the repair, where it was done, the invoice number, the cost and the odometer reading. When it comes time to sell or trade your car, you can ask top dollar because you can prove it's been meticulously maintained.

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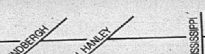
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Howto...

Follow a chiropractor's about whiplash...

Injuries to the neck caused by the sudden movement of the head, backward, forward, or sideways, is referred to as "whiplash."

The Tragic Result Of Front - Or Rear-end Collisions

Whiplash is most commonly received from riding in a car that is struck from behind or that collides with another object. When the head is suddenly jerked back and forth beyond its normal limits the muscles and ligaments supporting the spine and head can be over stretched or torn. The soft, pulpy discs between spinal bones can bulge, tear or rupture. Vertebrae can be forced out of their normal position, reducing range of motion. The spinal cord and nerve roots in the neck can get stretched and irritated. While the occupants can suffer considerable soft tissue injury, the car may be only slightly damaged. Your neck thrown out of balance.

The resulting instability of the spine and soft tissues can result in **neck pain, headaches, dizziness, blurred vision, pain in the shoulder, arms and hands, reduced ability to turn and bend, and even low back problems.** As the body attempts to adapt, symptoms may not appear for weeks or even months later.

Impact And Your Spine

When one automobile is struck by another, thousands of pounds of force or exerted upon the neck and spine of the passengers. The head, which is very heavy compared to the neck, is thrust toward the hitting vehicle. The muscles then stretch and react with a violent spasm in the opposite direction. The painful result is injury to the muscles, ligaments, nerves and, on occasion, broken bones.

A wreck victim isn't necessarily all right if he or she doesn't have any broken bones. Painless chiropractic treatment is necessary to realign bones of the spine and restore integrity to the ligaments, muscles and joints.

When a bone is broken, it heals with bone and becomes stronger than before. **Soft tissue, however, heals as scar tissue which is weaker and less resistant. Just like a bruised apple, it never returns to its original state.**

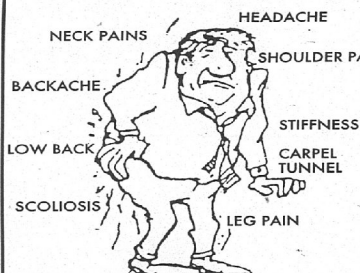
The doctor of chiropractic is trained to determine if a problem in the spine may be the cause of pain in the back or elsewhere.

Chiropractic doctors will usually provide rapid relief from the symptoms of accident distress and treat the cause of the problem by employing comfortable corrective measures.

* Studies have shown most cars can sustain a 10 mph accident, but the occupant can sustain injuries at only 2 1/2 mph.

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NEWSWTO...

Make a smart used car purchase

Buying a good used car doesn't have to be a nightmare... or an impossible dream. But if you're hoping for a long and happy life with your new used car, you should follow a few common sense steps before buying... and try not to fall in love (with a used car, that is).

Lead with your head, not your heart

Wayne Young, director of automotive services for the American Automobile Association of Missouri (AAA), says many buyers let their emotions override their common sense.

"The biggest thing we see, particularly with younger buyers, is that they become enamored with the appearance of a car," he said. He advises car buyers to slow down a little and really think about their purchase.

Research is important

A good first stop for the used car buyers is the public library or the Internet. Numerous books, magazines and web sites offer information on used cars, including features, safety records, average repair costs and rate of repair. Even if you've already spotted a likely prospect, it still pays to do some research at the library and also to check with your bank or insurance agent for the car's Blue Book price. Armed with information, it's time for a little hand's-on research.

A test drive is a "must"

If the used car's owner says "no" to a test drive, that's more than a bad sign. It's a reason to walk away. Look around for another car.

Once an owner gives you permission to test drive a car, keep several things in mind. While you are driving the car, stop thinking of how nice the car looks with you in it and notice instead how the car runs. Try to be aware of everything.

Notice the way the transmission shifts. Is it smooth or jerky? If you hear the engine speeding up while the car doesn't, there could be a problem with the transmission or the clutch.

Next, do a couple of quick stops with the car. If you feel a shudder or a vibration, there could be a problem with the brake system.

Also pay attention to the steering wheel. It it pulls in one direction or the other, that also could indicate a problem with the braking system. As you turn corners, notice any excessive play in the steering wheel or any bumping noises under the car.

Also, don't forget to check all the accessories. Make sure the radio, lights, windshield wipers, heater, air conditioner and any other accessories all actually work.

Do a visual check outside the car

You might also ask a friend to watch the car's tailpipe as you drive off. Does it emit blue or black smoke? Blue smoke suggests an oil consumption problem. Black smoke may mean the car isn't tuned up properly.

Finally, look under the car for evidence of oil or fuel leakage. If there are leaks, something is amiss.

Have the car checked out

If you're still interested in purchasing the car after the test drive, Young advises taking the car to a third party, an inspection center, your regular mechanic or even a mechanical friend. The AAA Diagnostic Center offers a bumper-to-bumper inspection and will estimate the cost of repairs.

AAA and some other services also will do an electronic title search on the car, a way of finding out if the car has ever been salvaged, submerged in water or had its odometer rolled back.

And remember, once you've gone to the trouble of getting the opinion of a third party, listen.

Young says some people ignore all advice. "Even after we point out the problems and what it will cost for the repairs, they just can't see past the outer appearance," he said. Many of those car buyers soon learn the hard way that looks really weren't what was most important. A car that is a lemon soon leaves a very sour taste in a person's mouth.

But if you put your heart in your wallet or purse for awhile, you may well find yourself among the used car buyers who live happily with their purchase for years to come.

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NEWSWTO...

Find the right hair stylist and salon

Maybe you're new to the area, or otherwise have decided to find a new salon. You could check the phone book and find a salon with a cutesy name, like "Curl Up and Dye," or you can take some of the following advice.

The right stylist and salon

The biggest tip that one beauty expert would give someone, especially someone new to an area, is to look at people on the street.

"It sounds kind of strange, but you'd be surprised," she said. "If you see someone and you like the hairstyle that they have, stop them and ask them," she said. "Ask them because that's the only way you're going to know."

Educate yourself

Get as much information as possible. People like to be admired and are usually willing to share the information with you.

Ask your friends and others you know as well. When considering a salon, go in and watch them work. Take notice of what the haircuts look like when they are completed.

Explain to them that you are trying to choose a salon and would like to observe and maybe ask a few questions.

"Most of them are more than happy to let you sit down and visit with them," she said. This helps you have an idea of the personality of the salon as well. It is important for the personality of the salon to match your personality.

Communication is important

Watching the stylists also helps you know how they communicate with people.

"Our business is a relationship business," the expert said. "Some people can relate to the public, and some cannot."

There are many decent hairstylists, she said and often what distinguishes them is how they communicate.

Is the stylist up on "the latest?"

Ask the receptionist about continual education for stylists - do they go to classes, do they go to shows, do they win competitions.

Salons sometimes have certificates displayed. Look to see what they are for and if they are current.

Also observe what the stylist's hair looks like, whether it is a fashionable cut and style.

What's "your type?"

You know your hair texture and problems, so look at the stylist's customers to see the type of hair they work with.

There is nothing wrong with asking the receptionist if they have a stylist who specializes in your type of hair or a problem you have.

Also, if the stylist has your type of hair, they are probably skilled with it.

Look to see how fashion conscious they are by how they dress or accessorize their uniform.

Price varies

Prices of salons vary. What is important is the skill of the stylist, the expert said.

"It is important for you as an individual to determine what is a price range that you are comfortable with," she said.

There could be somebody with the same training and skill at a low-priced salon as at a high-priced one.

Consider your lifestyle - do you need to be able to zip in someplace without an appointment, or do you have ability to schedule an appointment.

A picture is worth a thousand words

When you choose a stylist it is helpful to have a picture to show them what sort of haircut you would like.

"What short means to you may be totally different from what short means to me," she said. "There's nothing better than a visual aid. You can't beat it as far as communication."

Pictures can be frustrating for stylists, though, because your hair may be different from that of the person in the picture. Also, make sure you like the hairstyle and not just the face of the person pictured.

Cover the face of the person in the picture and just look at hair, not their features, to see if what you really like is the style and not the face.

Finding the right stylist takes time, but it is worth it in the long run.

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Howto...

Make the right lawn mower buy

As it would be ridiculous to use an elephant gun to kill a fly or a toothbrush to clean an auditorium floor, it can also be counterproductive for a home owner to purchase the wrong kind of lawn mower.

Before going out to a store to buy a lawn mowing apparatus, the purchaser should think about the special needs of the lawn or lawns where the machine is to be used.

Consider the size of your yard

"It's like buying a car or a television," said one local lawn care service owner. "You have to look at the applications."

"For instance, if you have a family of six, you might need a van as opposed to a compact car. If you have a large yard, you might have someone do it for you. If you've been doing it, I guess you'd have to consider the size of your yard, the difficulty of mowing that yard and slopes, hills, terrain and, then, obviously, the amount of money you have to spend."

People with little tracts of grass can get by with relatively minor outlays of cash for mowers. "A small rotary mower is perfect for small city lawns," the expert said. "You wouldn't need a very big engine... about a 20-inch rotary mower."

While engineless mowers (the old kind where the operator supplies the source of energy for the machine) can be used on small lawns, those types of mowers now are hard to find.

For mid-ranged lawns, larger mowers are needed.

Self-propelled

"With a medium-sized lawn, a self-propelled mower is better," the expert said. "That would be needed for a small yard if it's hilly. It's a much safer way to mow with the self-propelled system because you do not generate the foot power. There's less chance for a foot to slip."

If you're going to get a self-propelled mower, you might want to spend a little more. Nothing is worse than getting a self-propelled mower that doesn't work right and you end up having to push it anyway. Buy the best if you're going to go this route."

Those purchasing self-propelled mowers should look for the ones with features for regulating the speed, as opposed to the ones that move at only one speed.

Riding mowers, or not

For those with large yards, riding mowers are an option, though not always the best option.

There are rotary, walk-behind mowers with 36-inch to 52-inch mowing widths. A large yard would be anything three-quarters of an acre on up. You can ride them or walk behind them.

A person certainly get a lot more exercise with the walk-behind mowers. The riding mowers sometimes can be dangerous, can tip on a hill.

Not everyone is physically capable of pushing a walk-behind mower over an acre of grass. The advantages of a walk-behind mower are it's safer all around, particularly on hills. And, you get a lot more exercise with it.

The disadvantage is they cost more than riding mowers, because, typically, they're commercially built.

In any mower purchase, the machine's adaptability should be taken into consideration. You should always buy a mower that can be adapted. Mulching mowers work when there's very little grass to be mowed. When the grass is high, you need to be able to bag the grass or at least have a mower with a side discharge. It's better to get a mower to do both than just one.

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Howto...

Plan a funeral in advance

A death occurs. And without a warning, a family member or friend is left to make all the difficult decisions of arranging a funeral. Most have little idea of what is involved, what costs are, and most importantly, what final arrangements the deceased would have wanted.

When a loved one dies, the anxieties and stress of making funeral plans can be an overwhelming emotional responsibility. In addition, the costs involved can leave a financial burden on surviving family members, especially when they are least prepared to deal with additional worries about money. That's why more and more people are planning funeral arrangements in advance.

Preplanning allows people to protect family members or friends from the stress of difficult funeral decisions at a time of emotional upheaval. It also eliminates any guesswork about the kind of choices that need to be made.

The advanced funeral planning is a decision only each individual can make. A prearranged funeral allows people to plan ahead by making wise personal choices in writing, knowing their wishes will be carried out.

Affordable Prearrangement

A licensed Funeral Director will work with you to arrange the best possible services for an amount that is economically comfortable. The predetermined amount is guaranteed never to increase.

Inflation Protection

By purchasing a funeral in advance, a person can lock in the cost of a funeral based on today's prices. With funeral costs rising an average of 5 percent each year, it's a real benefit for loved ones as well as sound financial planning.

Peace of Mind

Individuals will be secure in knowing they have spared their loved ones added stress, worry, anxiety and expense by prearranging their funeral in writing. Over half a million people have chosen a prearrangement program.

A Living Decision

Like a living will, a prearranged funeral specifies a person's wishes in advance. Once a person has decided, their loved ones will have a permanent record of their preferences for tomorrow.

A prearranged funeral program is a considerate, thoughtful way to protect loved ones from financial worries, emotional burden and hasty decision-making at a very painful time.

Funeral home representatives act as guides

By meeting with a program representative in the privacy of the home or office, a person has the opportunity to learn more about funeral options and costs. A funeral home representative can guide people through all the details, including casket selection, transportation and use of funeral home facilities. The representative also will explain how flowers, music, clergy and other components can be preplanned.

By meeting with a prearranged funeral program representative face-to-face, a person can receive qualified answers to questions such as: What papers are needed to collect death benefits? When a death occurs, who should be called first? If I move, how does the protection move with me?

Also ask your funeral director about guaranteed extended service and protection if your loved one dies away from home. Some plans even provide transportation costs from anywhere in the world. Some funeral homes provide and pay for all arrangements for remains preparation and transportation to the funeral home, if death occurs more than 75 miles from your legal residence.

By learning the facts, each person can make a more informed decision - in advance - about funeral arrangements.

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News



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Praising God

Members of the Bethel AME Church Choir from Madison belt out a tune during Gospel Fest '99, held recently at Belleville Area College's Granite City Campus cafeteria. The event, which was held as part of Black History Month, was sponsored by the BAC Minority Transfer Center. A dozen groups from the Tri-Cities area and other areas showcased their talents during the event, first held in 1993.

Births

Amanda Sipes

DANNY AND DAWN SIPES of Granite City have announced the birth of their second child, a daughter. Amanda Brooke Sipes was born Dec. 2, 1998, at St. John's Mercy Medical Center in St. Louis. She weighed 6 pounds, 2 ounces, and joins Breanna Sipes.

Alexis Haug

DAN AND ALYVIA HAUG of Jefferson City, Mo., formerly of Granite City, have announced the birth of their third child, a daughter. Alexis Myra Haug was born Dec. 4, 1998, at St. Mary's Medical Center in Jefferson City, Mo. She weighed 7 pounds, 2 ounces, and joins Abigail and Allison. Don and Margie Maxon of Michelson, Kan., are her maternal grandparents. The paternal grandparents are Jack and Betty Haug of Granite City. Great-grandparents are Myra Grote and Vivian Haug, both of Granite City.

Skyler Holmes

MIKEY HOLMES and CYNTHIA MILLER-HOLMES of Granite City have announced the birth of their third child, a son.

Skyler Eugene Holmes was born Dec. 6, 1998, at Anderson Hospital in Maryville. He weighed 8 pounds, 4 ounces, and joins Justin Holmes, 10, and Blake Holmes, 3.

Leonard Miller of Granite City and the late Patricia Miller are his maternal grandparents.

The paternal grandparents are Phyllis Teller of Vienna and James Holmes of Granite City.

Daniel Morris

MICHAEL AND DENISE MORRIS of Granite City have announced the birth of their second child, a son.

Daniel Joseph Morris was born Dec. 11, 1998, at St. John's Mercy Hospital. He weighed 9 pounds, 6 ounces, and joins Michael Morris.

Dr. Peter and Mary Carich of Granite City are his maternal grandparents. The paternal grandparents are Charles and Vina Morris of Granite City.

Tobias Robinson Jr.

CAROLYN BROWN AND TOBIAS ROBINSON of Madison have announced the birth of their first child, a son.

Tobias Cortez Robinson Jr. was born Dec. 30, 1998, at St. Elizabeth Medical Center in Granite City. He weighed 6 pounds.

Shirley Brown and Calvin Levi, both of Chicago are his maternal grandparents. The paternal grandparents are Gladys Allen and Dwight Walker, both of Madison.

Emily Nordstrom

MICHAEL AND SHEILA NORDSTROM of Granite City

have announced the birth of their first child, a daughter. Emily Breanne Nordstrom was born Jan. 4, 1999, at St. Elizabeth Medical Center in Granite City. She weighed 7 pounds, 8 ounces.

James Jr. and Kathy Robins of Granite City and the late Philip Clements are her maternal grandparents.

The paternal grandparents are Dave and Wanda Nordstrom of Granite City.

Molly Bartels

TIM AND BETH BARTELS of Brighton have announced the birth of their first child, a daughter.

Molly Kate Bartels was born Jan. 16, 1999, at BJC Christian Hospital Northwest in St. Louis. She weighed 5 pounds, 9 ounces.

Jerry and Janet Bolandis of Granite City are her maternal grandparents.

The paternal grandparents are Ann Bartels of Jerseyville and the late Dale Bartels.

Austin Kramer

STEPHAN AND BECKY KRAMER of Granite City have announced the birth of their first child, a son.

Austin Robert Kramer was born Jan. 7, 1999, at BJC Missouri Baptist Medical Center. She weighed 7 pounds, 9 ounces.

Dellah and Robert Favier of Granite City are his maternal grandparents.

The paternal grandparents are Frank and Grace Kaser of Barnhart.

Brendan Bode-Will

MARK WILL AND AMMEY KRAMER of Granite City have announced the birth of their first child, a son.

Brendan Jakob Bode-Will was born Jan. 9, 1999, at St. Elizabeth Medical Center in Granite City. He weighed 6 pounds, 15 ounces.

Fred and Judy Bode of Granite City are his maternal grandparents.

The paternal grandparents are Charles and Jenny Will of Granite City.

Cody Byrd

CAROL AND JIMMY BYRD of Granite City have announced the birth of their first child, a son.

Cody Dean Byrd was born Jan. 10, 1999, at St. Elizabeth Medical Center in Granite City. He weighed 6 pounds, 9 ounces.

Tammy Douglas and Perren Muir, both of Granite City are his maternal grandparents.

The paternal grandparents are Robin Lovell of Ferguson, Mo., and Jimmy Byrd Sr. of Wright City, Mo.

Indy Smith

ONASHAY TIMMONS AND KENNETH SMITH SR. of Granite City have announced the birth of their second child, a son.

Indy Rielly Smith was born Jan. 11, 1999, at St. Elizabeth Medical Center in Granite City. She weighed 8 pounds, 1

ounce, and joins Kenneth Smith Jr., age 2. Melody Collins of Granite City is his maternal grandmother.

The paternal grandmother is Beverly Calverd of Baltimore.

Alexus Crump

TABITHA CRUMP of Granite City has announced the birth of her first child, a daughter. Alexus Nichole Crump was born Jan. 13, 1999, at St. Elizabeth Medical Center in Granite City. She weighed 8 pounds, 8 ounces.

Jordan Collins

MELANIE COLLINS of Granite City has announced the birth of her third child, a son.

Jordan Michael Marcell Collins was born Jan. 13, 1999, at St. Elizabeth Medical Center in Granite City. He weighed 7 pounds, 13 ounces, and joins Terrell, age 3, and Marshall, age 1.

Kim Collins of Granite City is his maternal grandmother.

Emilio Briagas

CARLOS AND JENNIFER BRIAGAS of Granite City have announced the birth of their sixth child, a son.

Emilio Estervan Briagas was born Jan. 17, 1999, at St. Elizabeth Medical Center in Granite City. He weighed 7 pounds, 13 ounces, and joins Gina, age 8; Maria, age 7; Carlos, age 6; Tino, age 3; and Jamie, age 1.

Paula Ortiz of Granite City and Mark Edwards of Edwardsville are his maternal grandparents.

The paternal grandparents are Martin Briagas and Hilda Vasques, both of Granite City.

Sean Swanson

ROBERT AND BONNIE SWANSON of Granite City have announced the birth of their second child, a son.

Sean Robert Swanson was born Jan. 20, 1999, at St. John's Mercy Medical Center. He weighed 8 pounds, 8 ounces, and joins Kyle James Swanson.

Bill and Mary Rasmussen of Mountain Home, Ark. are his maternal grandparents.

The paternal grandparents are Donna Swanson and Dale Swanson, both of Granite City.

Jacob Grayson

DANIEL AND KATHRYN GRAYSON of Alton have announced the birth of their first child, a son.

Jacob Scott Grayson was born Jan. 22, 1999, at St. Elizabeth Medical Center in Granite City. He weighed 7 pounds, 5 ounces.

Richard Miller and Jeanne Miller, both of Arlington Heights, are his maternal grandparents.

The paternal grandparents are Robert and Elaine Grayson of Granite City.

How to...

Choose a good cigar

Sigmund Freud and Winston Churchill did. Madonna still does. What do these famous people have in common? They all share a love for cigars. If you're thinking about trying a cigar, you are not alone. Cigars have never been hotter. Cigar lovers have their own magazines, bars and websites and are featured in TV, movies and music videos. Cigar manufacturers and distributors have been reporting increased sales since the trend started approximately five years ago.

Anatomy of a cigar

Every cigar has three basic elements: 1. The filler is the tobacco that forms the body of the cigar; 2. The binder is the middle wrapping that holds the filler together; and 3. The wrapper is the whole leaf that covers the entire cigar.

Cigar sizes

Cigars come in seven basic sizes and shapes. These are the Churchill (7 1/2 inches), the Corona (5 1/2 inches), the Petite Corona (4 5/8 inches), the Panatella (5 1/8 to 7 inches), the Rothchild (4 1/8 inches), the Perfecto (5 1/4 inches) and the Cigarillo (3 7/8 inches).

Types of cigars

Cigars can be mild, medium and full-bodied. Experts recommend building up to the full-bodied cigars. If you want a little variety in your cigar, try flavors. Cigars come in such flavors as vanilla, chocolate, rum and amaretto.

Choosing a cigar

According to a local expert, at the end of 1997 there were 961 brands of cigars. So what are the differences and how do you know which is right for you? Experts say most of the difference is in the aging of the tobacco, where the cigar is manufactured and how the cigar is manufactured. A local expert said he has three criteria when purchasing a cigar:

1. The cigar must be handmade, which means the entire process of making a cigar is done by hand. Handmade cigars use "long filler," which is when the whole tobacco leaf is used. "Short filler" is chopped up tobaccos. Experts say that means a lower quality cigar. "Short filler" also does not hold the ash. A dripping ash is a sign of a lower quality cigar. In contrast, the sign of a good cigar is a long ash.

2. The cigar must be made of 100 percent tobacco. Some cigars, usually machine made, contain non-tobacco by-products in the form of a pulp-like paper.

3. The shape and size of the cigar must be comfortable. First try holding it. How does it feel in your hand? Is it awkward to hold? Does it feel comfortable in your mouth? Another factor is how you perceive yourself. Some people of smaller stature like big cigars because they think larger cigars make them look more important. Another consideration is how much time you do have to smoke the cigar. For example, if you have 30 minutes to smoke, you will want a smaller cigar.

Clipping the cigar

The pleasure of the smoke begins with clipping the cigar. There are three types of cuts: 1. The Bullet Cut. This pierces a small hole in the end of the cigar. 2. The Guillotine Cut. Experts say this is the most popular cut in America. It is a straight cut with a razor-sharp blade. 3. The V Cut. This European cut produces a cut in the shape of a V.

Lighting up

The proper way to light a cigar begins with your choice of fire. Experts recommend using a butane lighter or wooden match after the head has been lit so that nothing interferes with the flavor of the cigar. Then follow these steps: Hold the cigar at a 45-degree angle with the open end (foot) down. Hold the tip of the flame one-half inch from the foot to warm the cigar. The cigar should not be in your mouth at this point. After a few seconds, rotate the cigar over a flame one-half inch below the end of the cigar. Gently draw the smoke into your mouth. Experts say it is important to make sure the cigar is evenly lit otherwise it will not burn evenly. Do not inhale! Experts say the real pleasure is from the taste of the smoke, not inhaling.

Storing your cigars

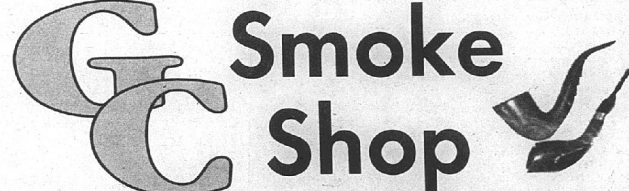
Be sure to store your cigars properly to ensure their freshness. The best way to do this is to store them in a humidor. A humidor is a case that contains a humidifier. To ensure freshness, a cigar should be stored in an area with approximately 72 percent humidity.

Lets talk money

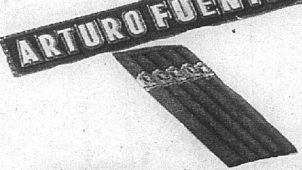
Cigars have long been associated with wealth. It is not hard to understand why when you add the numbers. Cigars can range from \$1.25 to \$15.50 a piece. Some are as high as \$66 a piece. Leather carrying cases start at \$55. Cutters can range from \$5.50 to \$500.

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Experts: Hotel expansion a must for Madison County

By Darryl Howlett
Staff writer

The River Bend could lose out to other Illinois communities if it fails to build new hotels. That's what area leaders are stressing.

In recent years, the River Bend has made a strong push in promoting tourism. The naming of the Great River Road as a National Scenic Byway and the approval of the Lewis and Clark Interpretive Center in Hartford are expected to attract thousands of visitors.

The village of Hartford is hoping a hotel can be built in the vicinity of the Lewis and Clark Interpretive Center before the bicentennial anniversary of the Lewis and Clark expedition.

"(The village) is not

building ourselves, but we're interested in developers who could build a hotel in that area," said Deanne Barnes, administrative assistant for the village of Hartford. "In the proposed budget for fiscal year 1999-2000, there's a hotel study. We're requesting \$10,000 for that study."

Barnes said the village has enough water lines to support a hotel complex. The village also is seeking funding for a public sewer system in the vicinity of the interpretive center.

"We hope a hotel is up before 2003," Barnes said. "We're very excited about talking to developers about the development of a hotel. One hotel would be a great start."

When the tourists start coming to the River Bend, Pontoon Beach Mayor Glen

Wilson hopes they stay at one of four hotels in the village along Illinois 111 and Interstate 270.

"We have a tourism tax on the hotels," Wilson said. "We use it to promote different things in the village. We have also set up a web page with hotel information."

Three hotels are in operation: Best Western, Ramada Inn and a Super 8 Hotel. Another hotel, a Holiday Inn Express, is set to open later this spring.

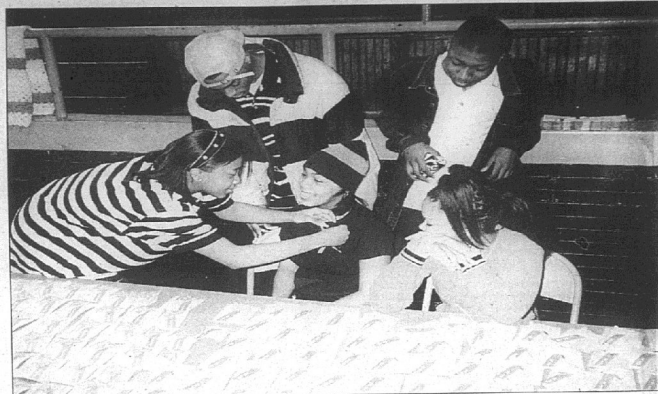
Wilson said the hotels are helped by two nearby restaurants, McDonald's and Denny's.

Alton Mayor Don Sandidge said he would like tourists to think of Alton as a city of hotels, similar to Pontoon Beach and Collinsville.

"We are working on the expansion of the Hotel Stratford," Sandidge said. "We also believe the owner of the Stratford is considering the hotel as a franchise with Sheraton (hotels). We have also been talking to individuals interested in building a hotel in downtown Alton."

Sandidge said his administration has been working on getting hotels in Downtown Alton since he took office in 1997.

With the National Scenic Byway, one of the things we needed was more hotels, period," Sandidge said. "The more hotels you have, the more money we can get from the state of Illinois."



Shirley Valencia photo

Stay off the stuff

From left, Brigitte Banks, Quinton Miller, Bernita McKire, Isalah Mason and Kinderly Terrell pin drug-free pennants on Venice students during a recent craft show and sale at Venice High School. The event was held as a fund-raiser for Venice High School activities.

Motorist indicted in drunk cyclist's death

By Dennis Grubaugh
Staff writer

A motorist accused of hitting and killing a bicyclist while both were intoxicated was indicted Thursday by a Madison County grand jury.

Samuel Agnew, 53, of the 400 block of Notre Dame Avenue in Edwardsville, was charged with two counts of reckless homicide, a felony count of leaving the scene of an accident and two misdemeanor counts of driving under the influence.

He is charged in the Feb. 13 death of Robert D. Finck, 67, of Collinsville. Finck was riding his bicycle in the 800 block of South Morrison Avenue in Collinsville when he was hit from behind by a car.

Police said Agnew's license plate was found at the scene, and witnesses reported seeing his car leave.

"Two witnesses to the accident provided testimony today (to the grand jury)," Assistant State's Attorney Jim Buckley said. "They were behind Mr. Agnew at the time."

Agnew was stopped about 10 minutes after the accident by Officer Lewis Haines of the Glen Carbon Police Department, who had heard an Illinois State Police broadcast about the collision.

Haines was among those who testified Thursday. Also testifying were a Collinsville police detective, Dale Wood; Officer Robert Vecchetti; and an accident reconstructionist,

Buckley said.

The victim's granddaughter, Lynn Edwards, said earlier this month that Finck may have been riding home from Boomerang's, a bar near the scene, at the time of the accident. He lived a short distance away.

During a coroner's inquest March 17, a police officer said Finck had a blood-alcohol level of 0.14 percent, nearly twice the legal limit of 0.08 percent. Agnew's blood-alcohol level at the time was not available. Finck died of massive head injuries. He was said to have been riding with traffic at the time and was hit on his right side.

Thursday's indictment supersedes a misdemeanor charge.

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30-cent police pay hike cause huge headaches in Roxana

By Darryl Howlett
Staff writer

The mayor of Roxana is defending the Village Board's position of paying legal fees for two cases involving four village police officers.

To date, Roxana has spent \$10,000 in legal fees to prevent a 30-cent wage increase for police officers during the 1997-98 fiscal year and to decertify the union representing the officers.

"I'm trying to protect the taxpayers' pocketbooks," Roxana Mayor Kay Spencer said. "The village has several issues before it that require legal expertise, including defending against suits filed, utility issues and development issues that will determine the viability of the village for many years into the future."

Spencer said the attorneys' fees for the two issues are not recurring and are not compounding expenditures like wages are.

She said that because of a 40 percent reduction in revenues from the Wood River Refining Co., village employees were asked to take a wage freeze, with all employees agreeing to do so except the four police officers.

"The village was in a very uncertain position in regards to reduction of revenues due to the Shell reassessment," Spencer said. "We determined not to automatically raise taxes and take more money out of the taxpayers' pockets

in order to continue."

However, the village received a setback Jan. 8 when arbitrator David Loebach ruled that the village had to give the four police officers the 30-cent raise over the next three years, including back pay totaling \$5,482.20.

The village agreed to the one-year pay raise but is fighting the last two years of the agreement.

Annual base salary for a patrolman is \$31,000, while a lieutenant receives \$31,659.60. Those figures increase when longevity and overtime pay are factored in, and the average gross wage is \$41,370.

Spencer also addressed the decertification issue.

"Administrative law judge John Clifford (of the Illinois Labor Relations Board) has determined that the ILRB does not have jurisdiction because we have fewer than 35 employees and it was legal to terminate the contract, according to the contract's own terms, and a municipality can not vest the ILRB with jurisdiction by giving voluntary recognition if the municipality employs fewer than 35 employees," she said.

One resident, Brenda Welborn, 37, questions Spencer and the board for spending taxpayers' money for the legal costs.

"The issue of the village not wanting to give the police a pay raise is like if I told my kids we don't have money for food, but then go out and buy

new clothing," she said. "The village has the money to pay the officers. The money we're paying for legal fees is with litigation she caused."

(Spencer) is saying (the village) can't afford to pay the officers, but we have already paid more (in legal fees) than that 30-cent pay raise would have cost us."

Welborn said the village's handling of the police issue has caused her to take the issue to the residents of Roxana by writing letters and speaking at Village Board meetings.

"We can solve this issue by getting a new mayor and (electing) four people running with the best interests of the village," she said.

Welborn said she will support trustee Fred Hubbard and candidates Nick Adams, Jim Loyd and Felix Floyd in the April 13 general election.

Spencer said the village will continue to fight current and future litigation against the village.

Military News

Anthony Wilson

Navy Petty Officer 1st Class Anthony Wilson, whose wife, Taunya, is the daughter of Rosita Minor of Granite City, recently

participated in community relations projects during a visit to Puerto Vallarta and Acapulco, Mexico, while on a four-month deployment to the South Pacific aboard the guided missile frigate USS Rentz, homeported in San Diego.

The graduate of Douglas High School of Oklahoma City, Wilson joined the Navy in June 1980.

Antonio Thomas

Army Pvt. Antonio Thomas has arrived for duty at Suwon Air Base, Suwon City, South Korea.

He is the son of Betty Thomas of Madison, and Willie Thomas of Venice. The private is a 1998 graduate of Madison High School.

Jess Reed

Marine Pvt. Jess Reed, son of Jess Reed of Granite City, recently completed basic training at Marine Corps Recruit Depot, San Diego.

He is a 1998 graduate of Granite City Senior High School of Granite City.

Ramon Mitchell

Navy Seaman Ramon Mitchell, son of Patricia Whitcomb of Venice, recently arrived in the Adriatic Sea while assigned to the aircraft carrier USS Enterprise, homeported in Norfolk, Va.

Currently on a six-month deployment, Mitchell's ship

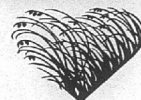
is the lead ship of the USS Enterprise Battle Group. The 1996 graduate of Madison Senior High School of Madison joined the Navy in December 1996.

Jennifer May

Jennifer May, daughter of Harold and Paula May of Granite City, has enlisted in the U.S. Air Force, according to TSgt Kevin Snider, an Air Force recruiter located at 111 E. Vandavia St., Collinsville.

May, a 1998 graduate of The Principia High School in Elmhurst, will be earning credits towards an associate in applied sciences degree.

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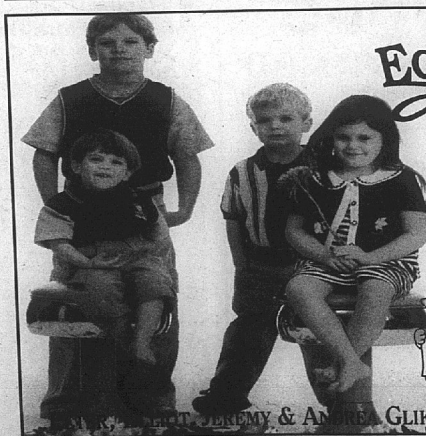
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Marriage Licenses

The following marriage licenses were issued through the office of Mark Von Nida, Madison County Clerk:

Arthur Atkins and Linda Williams, both of Edwardsville.
James Biggs of Carlyle and Lisa Wilson of Collinsville.
Faneal Bissom and Marcella Skaggs, both of Lebanon.
Gavin Blair of Edwardsville and Mary-Ann Lowry of Bethalto.

Harlan Bone and Donna Warren, both of Granite City.
Stephen Britt and Linda Bailey, both of Alton.
Samy Cardin Jr. and Angela Copeland, both of Granite City.
Nathaniel Cauwels of Edwardsville and Patricia Doura of Alton.

Leroy Clark of Doniphan, Mo., and Mece Voyles of Moro.
Ryan Crow of Glen Carbon and Amanda Goff of Edwardsville.

Douglas Dennison of Edwardsville and Dawn Eardley of Alton.
Sammy George and Cheryl Hall, both of Pontoon Beach.
Michael Green and Soonhee Song of Granite City.

William Harris of Pierson and Kathy Evans of St. Jacob.
Paul Hatcher and Jessica Cherry, both of Collinsville.

Paul Havlen and Pamela Thoman, both of Collinsville.
Stacy Hickam and Melinda Jennings, both of Glen Carbon.
Tecuhshea Holmes of Madi-

son and Kathleen Wright of Alton.
Keith Hustedde of Troy and Melissa Johnson of Granite City.

George May and Linda Chandler, both of Granite City.
Michael McGee of Troy and Michelle Ward of Collinsville.
Gerald Miller and Tammy Jones, both of Collinsville.
James Miller and Nancy Koke, both of Collinsville.

Michael Penning of Moro and Amanda Cermak of Bethalto.
Kenneth Pratt of Granite City and Carol Pratt of Wood River.

Michael Rebstock Sr. and Gretta Hudson, both of Mitchell.
Philip Stucker and Cynthia Ambuschon, both of Granite City.

James Townsend of Madison and Camille Tucker of East St. Louis.
Timothy Black and Julie Easley, both of Granite City.

James Butts and Christi Johnson, both of Madison.
Gerald Clark and Diane Timmons, both of Edwardsville.

Larry Clark Jr. and Tanya Mosier, both of Collinsville.
George Cochran and Betty Supp, both of Granite City.

Leon Garner III of Florissant, Mo., and Gloria Miller of Madison.
Leo Gomez III and Dana Hindman, both of Granite City.

Gerardo Gonzalez and Cynthia Enyard, both of Granite City.
David Hawkins of Edwardsville and Barbara Petrie of Troy.

Charles Hill Jr. and Jennifer Lindsay, both of Granite City.
Scott Jenkins and Judith Clark, both of Granite City.
William Krieger of Edwardsville and Patricia Ford of Alton.

James Lamb Jr. and Sherry Ralston, both of Granite City.
Russell Manion and Kathleen Radford, both of Collinsville.

Tod May of Glen Carbon and Mary Chapman of Bunker Hill.
Michael Merrell and Angela Anderson, both of Granite City.

Shawn Parker and Sonnet Weeks, both of Granite City.
Thomas Peyla and Kathy Keel, both of Collinsville.

Mark Filkerton of Granite City and Janice Pruitt of Greenville.
Joel Pirtle and Lisa Lewis, both of Granite City.

Garry Riddle and Christina Dossett, both of Collinsville.
Claude Robertson III and Deborah Silvey, both of Pontoon Beach.

Joseph Simpson Jr. and Cori Moore, both of Troy.
Christopher Slope and Peggy Busby, both of Mitchell.

John Steidl and Edna Coin, both of Granite City.
Brian Suhre and Andrea Johnston, both of Glen Carbon.

Paul Weinacht and Julie Boone, both of Troy.
Kris Williams and Margaret Elmore, both of Edwardsville.

Paul Yoder of Maryville and Michele Vajda of Florissant.
David Acup and Ronda Gessley, both of Granite City.
Charles Adams and Nancy Finck, both of Granite City.

Michael Allen of Wood River and Amy Duffield of Granite City.
Richard Andrews and Maria Davis, both of Caseyville.

Bradley Beck and Krescene Shock, both of Edwardsville.
Gregory Becker of Florissant, Mo., and Amy Tadlock of Granite City.

Ivan Bandenburger Jr. of New Athens and Melanie Keaven of Highland.
Jeffrey Cress Sr. of Edwardsville and Jacqueline Ory of Wood River.

Allen Davidson and Karin Aldrich, both of Dorsey.
Wilbert Givhan and Janelle Hudson, both of Madison.

Michael Griffith and Michelle Atwood of Collinsville.
Greg Henseler of Glen Carbon and Nancy Grimes of Collinsville.

Eric Hose of Granite City and Heather Merrifield of Belleville.
Thomas Hoffmann and Jennifer Cline, both of Collinsville.

Andres Irtizarry and Christina Kennedy of Albers.
Terry Lash and Julie Webb,

both of Edwardsville.
Brian Maurer and Kolleen McCoy, both of Belleville.

Thomas McNutt of Glen Carbon and Dorothy Matthews of Collinsville.
William Morgan and Shelly Taylor, both of Granite City.
David Mulvihill and Karen Hildred, both of Edwardsville.

Nicholas Nardi of St. Ann, Mo., and Sharon Landon of Granite City.
James Paschedag of Worden and Keetra Holliday of Granite City.

Bobby Phillips and Karyn Winn, both of Maryville.

Gary Presswood and Christina Thompson, both of Granite City.
Larry Pruett and Monica Harvey, both of Granite City.

William Queen and Virginia Johnson, both of Collinsville.
Jesse Reed II and Cynthia Carl, both of Granite City.
Wayne Reid of Ringling, Okla., and Dana Hollis of Granite City.

Kenneth Rowen and Sandra Lacroix, both of Granite City.
Andrew Sauerwein and Heather Winchell, both of Glen Carbon.

Divorces

Marriage dissolutions recently granted in 3rd Circuit Court in Madison County include:

Christopher C. Revelle and Patricia E. (Reagan) Revelle, both of Glen Carbon; married Oct. 1, 1993.

John C. Corona of St. Louis and Kimberly D. (Summers) Corona of Collinsville; married Nov. 22, 1986.

Dennis L. Arnold and Geraldine L. Arnold, both of Edwardsville; married June 15, 1990.

Alan Joseph Orbals of Collinsville and Mary Elizabeth (Keim) Orbals of Granite City; married June 28, 1974.

Edgar H. Kennedy of Lebanon and Karen M. Kennedy of Granite City; married Oct. 28, 1995.

Kurt E. Behrens and Pamela J. (Kell) Behrens of Collinsville; married June 29, 1996.

Michael Chiaurro of Edwardsville and Cynthia (Lane) Chiaurro of Edwardsville; married Dec. 8, 1995.

Willie J. Harris and Cindy G. Harris of Madison; married May 2, 1996.

Gary Lynn Mayfield of St. Louis and Jane Ellen (Fechte) Mayfield of Granite City; married Aug. 15, 1997.

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One of the ads on this page contains a clue to the location of the hidden Easter Egg. A new clue will be published each week. The egg is hidden in a public place in the Granite City Journal circulation area. If you think you have found the egg, bring it to the Collinsville Journal at 113 E. Clay, Collinsville. No clues will be given over the phone.

News

Park District schedules Cards-Phils trip

The Granite City Park District will have tickets and bus transportation available for the May 10 game between the St. Louis Cardinals and the Philadelphia Phillies at Busch Stadium.

The cost of the game and motorcoach will be \$18 per person. The seats are located in the upper-deck terrace reserved section.

The bus will leave the Wilson Park Ice Rink at 5:30 p.m. on the day of the game to allow time for browsing around the

stadium or watching batting practice, which appeals to many fans. Cars may be left at the ice rink parking lot. The bus will arrive back at Wilson Park approximately 45 minutes after the game is over.

The tickets will go on sale at the Ice Rink at 8 a.m. Thursday, April 8. One person can purchase up to four tickets, with Park District residents having priority. Non-residents may place their name on a waiting list and will be notified one week later if

tickets are available.

The date of this ticket sale will also be the same date for the beginning of reservations for the upcoming charity trip to Kansas City. One line will be available for those who wish to make reservations for both events.

For more information on the Kansas City trip or the game, please call Sue Champion at her residence or the Wilson Park Office.

Vegetarian diets can be beneficial to people

By Clayton Berry
Staff writer

Many people assume vegetarians are missing out on important nutrients, such as protein, iron and calcium.

The American Dietetic Association (ADA), however, reports planned vegetarian diets are healthful and nutritionally adequate. Also, the ADA said the diet can prove to be beneficial in preventing and treating certain diseases.

"A lot of people do become concerned," said Amy Knoblock, a registered dietitian in St. Louis. "I think it's from a lack of knowledge. They focus on what's missing."

What is missing is little that can't be readily made up by vegetarians, said Knoblock, an ADA member and state coordinator of the Vegetarian Nutrition Dietetic Practice Group.

She said vegetarians who are getting an adequate amount of calories and eating a variety of grains and vegetables are not likely to be protein-deficient.

Many vegetarians can get a major amount of protein from soy foods, such as tofu. Research points to soy protein reducing cholesterol levels, she said.

Knoblock said the body more easily absorbs iron from meat than iron from grains and some vegetables. But vitamin C, which often is naturally high in a vegetarian diet, enhances absorption of plant iron, she said.

Some vegetarians do not eat

any dairy products. For them, several plant sources, in addition to fortified foods, can provide adequate amounts of calcium, Knoblock said.

Vegetables such as broccoli and brussels sprouts are high in calcium.

Knoblock said vegetarians do not need as much calcium as nonvegetarians because meat proteins have been shown to drain calcium from bones. People often associate

vegetarians with sickness, but Knoblock said that is a misconception. She said many young people with eating disorders say they are vegetarian as an excuse not to eat.

Also some new vegetarians may not be getting enough calories in their diet, so they may not be healthy. Knoblock said there are a number of health benefits to a vegetarian diet.

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Today's Food



Micro Raves
Bunny trail runs
by carrot patch

See Page 2

Easter Extras



Pineapple rings on ham bring a chorus of admiration and applause for the cook.



Potato candy is new again in truffles and fudge.

Bunnies, chicks, ham, sweets and tulips bud in joyful season

By Janice Denham
Staff writer

Just as spring sprouts into a green carpet with yellow jonquils and pink tulips ready to burst every year, the Easter table comes up with favorite foods that resound with tradition.

Chocolate candy, colored eggs and ham need a touch-up from the Easter bunny to hatch fresh color and flavor for the table.

Curing with salt preserved meat before modern refrigeration. Ham, a delectable centerpiece, became the tradition to herald the coming of warmer weather and the completion of the curing process over the cold winter months.

Today a variety of hams — from the traditional country ham with its intensely salty curing to the easy-to-serve spiral slicing —

See EASTER Inside TODAY'S FOOD Page 2

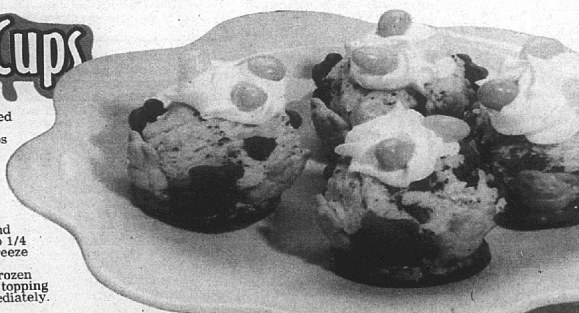
Fudgy Ice Cream Cups

Split 12 chocolate sandwich cookies (preferably with colored icing), leaving filling on one side of each cookie. Coarsely chop cookie halves with filling and stir into 3 cups vanilla ice cream, softened. Return ice cream to freezer for about 30 minutes.

Line 12 muffin cups with foil cupcake liners. Place 1 plain cookie half in bottom of each cup. Spoon 2 teaspoons chocolate fudge sauce (1/2 cup total) into each cup. Stand 7 teddy-shaped graham snacks, facing out, in fudge sauce around side of each cup. Spoon or scoop 1/4 cup ice cream into each cup. Freeze at least 1 hour.

Remove foil liners from frozen cups. Garnish with whipped topping and jelly beans. Serve immediately. Makes 12.

Kids' Cuisine



Food & Nutrition

Wise Ways

Traditional spring recipes need update for pleasure of safe eating.

INSIDE

Heart-y Bites

Fresh berries are incentive for baking muffins.

INSIDE

Blue Ribbon Cook

Broccoli is worthy "green" for March when the month goes out like a lamb.

INSIDE

Test Run

Nibblers survive on new sweets and snacks.

INSIDE

Lively Taste

Make pasta salad with leftover ham. Combine 8 ounces (2 cups cubed) ham, 2 cups cooked and cooled macaroni, 1 cup sliced celery, 1 cup seedless red grapes, 2 large bananas, sliced, and 1/4 cup sliced green onion in a large bowl. Stir together 1/4 cup plus 1 tablespoon fat-free or light mayonnaise, 2 tablespoons chili sauce and 2 tablespoons lemon juice. Pour over salad. Toss to coat evenly. Makes 4 main-dish servings; 303 calories, 10 g fat, 340 mg sodium, 41 g carbohydrate, 15 mg protein and 22 mg cholesterol each.

Health & Fitness

Medicine Chest

Tea gets scientific scrutiny for human health benefits, particularly cancer.

INSIDE

Fresh Picks

In spite of small citrus crops this year, there are bright spots in the season. Both Florida grapefruit and valencia oranges are sweet and juicy. While 83 percent of valencias are used for juice, their thin skin, generous size and juice-packed flesh move them up for prime eating as well. Just cut each piece of fruit in at least eight wedges and eat out of hand, pulling away the peel and discarding the few seeds as each piece is eaten. The sweetness of the valencia crop bodes well for juice from Florida this year, too.

Big Fat Tip

Make sundaes with pudding and fruit in ice cream cones. Prepare 1 package (4 serving size) vanilla or chocolate instant pudding, using 1-1/4 cups nonfat or low-fat milk and 1/2 to 3/4 cup well-drained, canned, crushed pineapple or tidbits. Refrigerate, covered, 10 minutes until soft-set. Set flat-bottomed cones, preferably colored, on a tray. Place small spoonful of pineapple in bottom of each cone, then spoon pudding on top. Serve immediately or refrigerate up to 1 hour. If desired, garnish tops with fruit, whipped cream, chopped dried apricot or jelly beans.

Future Shop

When shopping for cereal, use the label's "Nutrition Facts" list to estimate how much sugar it holds. Every 4 grams of sugar counts about 1 level teaspoon sugar in the serving size listed. That includes sugar from any fruit it contains, too. To limit sugar, choose a low-sugar cereal and sweeten it with a sprinkling of a spice like cinnamon, which adds sweetness without calories or fat, or fruit, which supplies nutrients and fiber as well.

Today's Food

Mega-carrot diet benefits everyone

By Barb Gray
Correspondent

Peter Cottontail hops down the bunny trail to deliver eggs, but he is ever alert to finding delicious carrots as his reward.

MICRO-RAVES

No vegetable is so versatile. Carrots become appetizers, soups, salads, main dishes, vegetables, breads, muffins, pancakes and desserts. Carrots are an excellent source of vitamin A, necessary for good eyesight and bone formation.

Cultivated for more than 2,000 years, carrots have a long and honored history. The Greeks and Romans ate them in stews or as a vegetable. They were brought to Virginia in 1609. Available year-round, major crops are grown in California, Texas, Arizona and Florida.

One pound of fresh carrots equals 2 cups cooked or 2-1/2 cups shredded. Look for firm, smooth, well-shaped, brightly-colored carrots. If they still have their tops, cut them off before storing. Store carrots in a plastic bag in the refrigerator or vegetable compartment one to four weeks.

When microwaving carrots, cut them into a uni-

form size in lengthwise strips, diced or even whole. Cook them, covered with plastic wrap or a lid, in 1/2 to 3/4 cup water. Microwave time varies by shape and quantity.

Saucy Carrots with

Water Chestnuts, a recipe clipped almost 20 years ago from Better Homes and Gardens magazine, maintains its popularity at my house. Another favorite is a carrot cake from "Microwaving Fruits and

Vegetables" (Microwave Cooking Library series). Certified family and consumer scientist Barb Gray specializes in microwave cooking.

CARROT CAKE

3/4 cup flour
1/2 cup granulated sugar
1/4 cup packed brown sugar
1 tsp. baking soda
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 cup oil
1-1/4 cups shredded carrot
2 eggs
1/4 cup finely chopped nuts
1/4 cup raisins
Cream Cheese Frosting

Using low speed of electric mixer, blend flour, granulated and brown sugar, baking soda, salt, cinnamon, nutmeg, oil, carrot, eggs, nuts and raisins, then beat at medium speed 2 minutes. Spread batter in 8-inch square dish.

Elevate baking dish in microwave oven by placing on top of inverted saucer. Microwave at medium (50 percent) power 6 minutes, rotating quarter turn after first 3 minutes if microwave does not have turntable. Increase power to high. Microwave 4 to 6 minutes until toothpick inserted in center comes out clean.

Place directly on countertop. Let stand 5 to 10 minutes. Cool before frosting. Cream Cheese Frosting: In bowl, microwave 1 package (3 ounces) cream cheese and 2 tablespoons butter or margarine on high power 10 to 20 seconds until softened. Blend well. Beat in 1-1/2 to 2 cups confectioner's sugar until desired spreading consistency.

SAUCY CARROTS WITH WATER CHESTNUTS

1 lb. carrots, peeled, sliced diagonally 1/2 inch thick
1/2 cup water
2 tbsp. butter or margarine
1 can (8 oz.) water chestnuts, drained, thinly sliced
3/4 tsp. thyme, crushed
1/4 tsp. ground ginger
3 tbsp. dry white wine
1 tbsp. snipped parsley

In 1-1/2-quart casserole dish, microwave carrots and water, covered, on high power 8 to 10 minutes. Drain. Set carrots aside.

In same casserole, microwave butter on high power 15 to 20 seconds until melted. Stir in water chestnuts, thyme and ginger. Microwave, uncovered, 45 seconds. Stir in wine, parsley and carrots. Microwave, covered, 1 to 2 minutes until heated through.



Peanuts and candy are hits along the Friday night video trail or for new treats in Easter baskets.

Sweet candy and spicy peanuts make tasters' day

A movie or sporting event makes candy and peanuts taste better. Some people do not stray from tried-and-true favorites, but others find variations on the theme tantalize their taste buds.

TEST RUN

Tasters tried Life-Savers Creme Savers hard candy (\$1.39 for 6 ounces), M&M's crispy candy (about \$2.39 for 14.5 ounces), and Hampton Farms roasted peanuts in Cajun Creole and jalapeno flavors (\$1.59 for 10 ounces). Products were priced at Schnucks Markets.

Each product gained admirers who liked the sweet or snack enough to call it "addictive."

The Creme Savers were tested in three flavors: orange, strawberry and chocolate-caramel. Orange was the untested favorite.

Testers said they tasted like orange sherbet or "flavored ice cream bars." I got as a kid from the ice cream man. Another likened them to creamy orange push-ups.

A taster said, "I had looked forward to the caramel ones, but was disappointed. The orange creme candy was by far the best."

Another vote went to orange.

"The chocolate and caramel Creme Savers were OK — better than the strawberry, but not nearly as good as the

orange," he said. He likened the strawberry cream flavor to that in instant oatmeal.

The other candy, a new M&M's, merited the adjective "addictive" the most.

"The M&Ms have a crisp feel and are melt-in-your-mouth good. Eating one could mean the whole bag will disappear," a tester said.

One thought they were less original than he expected. Tradition, same into play for another taster though, who likes to identify M&Ms only with chocolate candy and peanuts.

The same was true with the peanut tasting. While some would stick to traditional roasting, others found the spicy flavors new and inviting.

"Man oh man, call the fire department!" a taster said. "If you need something hot and spicy, suck on the Cajun- or jalapeno-flavored peanut shells for about two minutes. It's just the ticket for a circus in your mouth."

An overall impression was the Cajun Creole variety's flavoring came from spices, while the "jalapeños" were naturally hot with peppery flavor. Testers lined up allegiance to a favorite by their preference for a source of "heat."

Those who chose the Cajun did so because of a complex flavor combination. Those who appreciated Mexican seasonings decided the Cajun Creole variety lacked flavor.

Spring recipe due; bake muffins for May

Jean Reilly, St. Louis County, is the winner of this week's recipe contest for Broccoli Supreme, an entry in the Irish Recipe Contest. The prize is dinner certificates from the

BLUE RIBBON COOK from the House Co.

She gained it as a favorite about 10 years ago when she cut it from a national magazine. Its crunchiness holds a creamy mixture with broccoli the mainstay flavor below it.

Recipes in the Spring Spurge Recipe Contest should be postmarked today for an opportunity to win one of four Wednesdays in April.

Spring fruits and vegetables highlight this month's contest. Fresh greens, peas, asparagus, strawberries and rhubarb are among the many possibilities for a recipe that qualifies.

Next month's contest is for muffins. Because there is only one day left in the Spring Spurge Recipe, any muffin entry also can be enclosed. Muffin recipes will be accepted through April 30 for possible prize in May.

In addition to sending in a recipe, tell how you actually make it. Any story behind the recipe counts as part of the entry. Along with taste and eye appeal, it forms the basis for selecting winners. Originality will be considered, although the recipe need not be original.

A single household can submit a single recipe. Send it to: Spring Spurge Recipe Contest (or Muffin Recipe Contest), Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. It also can be e-mailed to westnews@primary.net.

If possible, name the recipe's source. Include the name of the Journal you receive.

Double-check directions

and specific amounts, giving variations that individualize the recipe.

Winners are notified by mail. Duplicate entries will be considered on the basis

of earlier entry or best compliance with the rules. Contest winners may enter again six months after the prize-winning publication date.

BROCCOLI SUPREME

1-1/2 lb. fresh broccoli
2 to 3 cups water
1/2 tsp. salt
1 can (10-3/4 oz.) cream of chicken soup
1/2 cup sour cream
1/4 cup grated carrot
1 tbsp. grated onion
1 tbsp. flour
1/8 tsp. pepper
3/4 cup herb-seasoned stuffing mix
2 tbsp. butter or margarine, melted

Preheat oven to 350 degrees.

Wash broccoli. Remove tough ends and stalks, separate florets and chop stalks.

Bring water to boil. Add salt and broccoli. Cook 7 to 8 minutes until broccoli is tender. Drain.

Combine soup, sour cream, carrot, onion, flour and pepper. Mix well. Fold in broccoli. Pour into 2-quart casserole dish.

Combine stuffing mix and butter. Sprinkle around edge of casserole.

Bake in preheated oven 30 minutes.

Makes about 6 servings.

Easter

Continued from page 1.

fulfills the needs of any household. Ham comes with or without a bone, cooked or uncooked, sliced or whole, cut in steaks to serve a two-some or left whole for a family celebration.

A sauce gives ham new perspective. For a fruit sauce, simmer 1 cup each of diced and dried prunes and apricots with 1-3/4 cups orange juice and 1/4 cup sugar until the fruit is just tender. Stir into this a blend of 1 tablespoon cornstarch and 2 tablespoons water. Simmer and stir until the mixture thickens.

For a different flavor slant, simmer 1 cup diced, dried apricots with 1 cup orange juice and 1 package (10 ounces) frozen sweetened strawberries until the apricots soften. Add the blend of 1 tablespoon cornstarch and 2 tablespoons water and simmer until the mixture thickens.

A glaze can be used over unsliced ham, sliced

ham that is held in place or ham steaks.

For an apricot glaze, place a 5-pound ham in a roasting pan with 1 cup apricot nectar. Spread a mixture of 1 cup apricot preserves, 1/4 cup orange marmalade, 1/2 teaspoon cinnamon and 1/4 teaspoon nutmeg over the ham's surface. Loosely cover it with aluminum foil. Bake in a 325 degree oven 1-1/4 hours or until a meat thermometer registers 140 degrees, basting ham with pan juices every 20 minutes. Serve the pan juices with ham slices.

Many cooks use a honey glaze. A simple mixture to use on ham steak is 1/4 cup honey, 3 tablespoons water, 1/4 teaspoon dry mustard, 1/2 teaspoon ground ginger and 1/4 teaspoon ground cloves.

When roasting a whole or half ham, the outer edge can be scored in a diamond design and, if desired, glaze the outer edge with the diamonds before baking on a rack in a 325 degree

oven. Use the glaze periodically during the last 45 minutes of baking.

For an 8-pound fully-cooked, boneless ham, combine 2 tablespoons fresh orange juice, 1 cup honey, 1/4 teaspoon cinnamon and 1/4 teaspoon ground cloves. It will take this size ham 1-3/4 to 2-1/4 hours to bake to an interior temperature of 325 degrees.

For an impressive display, cover the ham surface with pineapple rings centered by maraschino cherry halves during the last 20 minutes of baking or even after the ham has finished baking. Another garnish of long, thin strips of orange peel can be placed around edges of the platter.

For the main course is lamb, add a mixture of 1 cup honey, 1/2 cup dry white wine and 4 tablespoons minced fresh mint on any interior surface and glaze the outer edge with the remainder. Roast boneless leg of lamb on a rack

in a 325 degree oven until the meat thermometer registers 160 degrees. Glaze more easily when left to sit 10 to 15 minutes at room temperature after being

tard.

Large pieces of meat, like ham or a roast, slice more easily when left to sit 10 to 15 minutes at room temperature after being

removed from the oven.

These fudge and truffle recipes are new variations of old-fashioned potato candy.

PEANUT BUTTER POTATO TRUFFLES

1 cup unseasoned, cooked, mashed potato
1 cup smooth peanut butter
5 to 6 cups confectioner's sugar, sifted
1 pkg. (6 oz.) semisweet chocolate chips
4 (1 oz. each) squares semisweet chocolate, chopped
2 tsp. shortening (no substitute)
Chopped nuts, if desired
Colored sprinkles, if desired

Using high speed of electric mixer, beat mashed potatoes and peanut butter until well blended. Beat in confectioner's sugar, 1 cup at a time, to make stiff dough. Dough should be smooth and easy to roll.

Roll in 3/4- to 1-inch balls. Cover. Chill several hours. Chocolate covering: In small saucepan, heat chocolate chips, chopped chocolate and shortening over low heat, stirring often, until melted.

Dip each ball in chocolate, allowing excess chocolate to drip off. Decorate with nuts or colored sprinkles. Place candy on rack or waxed paper. Chill to harden.

Variations: White chocolate can be substituted for semisweet chocolate, or candy can be rolled in cocoa or confectioner's sugar, instead of chocolate.

Makes 55 to 60 pieces.

CREAMY POTATO FUDGE

3 (1 oz. each) squares unsweetened chocolate
3 tbsp. butter
1/3 cup unseasoned, cooked, mashed potato
1/8 tsp. salt
1 tsp. vanilla
1 lb. confectioner's sugar, sifted
1/2 cup chopped nuts

Melt chocolate and butter in top of double boiler. Remove from heat.

Add potato, salt and vanilla. Mix well. Blend in sugar. Mix thoroughly. Add nuts. Knead until smooth.

Press into buttered 8-inch square pan. Cool in refrigerator before cutting. Makes 1-1/4 pounds.

Recipe

LEMON BREAD

2 1/2 cups cubed (about 4)
3/4 cup sugar
2 tsp. grated
3 tbsp. lemon
1/2 cup (1 st)
margarine
4 eggs, sep
3/4 cup milk

Preheat oven
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Today's Food

Recipe

LEMONY RAISIN BREAD SOUFFLE

2½ cups cubed raisin bread (about 4 slices)
¾ cup sugar
2 tsp. grated lemon peel
3 tbsp. lemon juice
½ cup (1 stick) butter or margarine, melted
4 eggs, separated
¾ cup milk

Preheat oven to 350°. Combine raisin bread, ¼ cup sugar, lemon peel and juice. Toss lightly until well

mixed. Add butter. Beat egg whites to soft peaks. Gradually beat in remaining ¼ cup sugar until stiff peaks form. Using same beater, beat egg yolks about 5 minutes until thick and lemon-colored. Add to bread mixture along with milk. Fold in beaten egg whites. Turn mixture into 1-quart souffle dish or casserole. Bake in preheated oven 30 to 40 minutes until knife inserted in center comes out clean. Fudding will be puffed and rich brown color. Serve souffle immediately from oven.

HONEY-WALNUT SPONGE CAKE

1 cup walnuts
7 eggs, separated
¼ cups sugar
1 tsp. orange juice
1 tsp. water
½ cup potato starch
½ cup cocoa powder
¼ cup cake meal
¼ tsp. salt
¼ cup honey

Preheat oven to 300°.

Toast walnuts in flat pan in preheated oven 6 minutes. Cool completely.

Line bottom of ungreased 10-inch tube pan with parchment paper. Coarsely chop walnuts. Sprinkle evenly in prepared pan.

In large bowl, beat egg yolks until lemon-colored. Gradually beat in 1 cup sugar.

Stir in orange juice and water. Combine potato starch,

cocoa and cake meal. Fold into yolk mixture; mixture will be stiff.

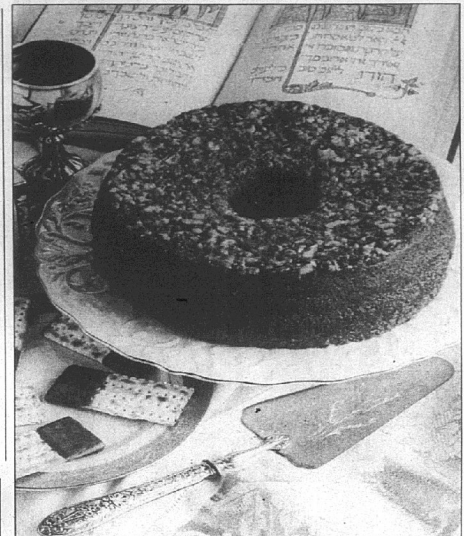
Beat egg whites until foamy. Gradually add remaining ¼ cup sugar, beating until stiff peaks form.

Gradually fold egg whites into chocolate mixture. Pour carefully into pan with walnuts.

Bake in preheated oven 30 minutes. Without opening oven door, increase oven temperature to 325°. Bake 15 minutes longer or until top springs back when touched lightly.

Cool cake in pan on rack 10 minutes. Remove from pan. Invert so walnuts are on top. Carefully remove and discard parchment paper. Spread honey over top of cake.

Makes 12 to 16 servings; 270 calories, 40 g carbohydrate, 110 mg cholesterol and 85 mg sodium each, based on 12 servings.



Chocolate colors the flavors of matzos, as well as light sponge cake flavored with honey and walnuts.

Passover sponge cake ends Seder on sweet note

Elegant and delicious, Chocolate Honey-Walnut Sponge Cake is a perfect finale to this year's traditional Jewish Seder meal. This light cake is a palate-pleasing combination of chocolate, orange and honey flavors. Of course, for Passover it is flourless, making it an ideal holiday treat.

Once the cake has baked and cooled, it is spread with a smooth honey glaze. For a decorative garnish on each serving, additional walnuts make this a tempting treat. The honey follows the significant tradition for the Jews remembering how they moved out of bitter slavery into sweet freedom. For an extra holiday

surprise, make chocolate-dipped matzos — another sweet twist on tradition.

Just melt 1 cup semisweet or milk chocolate chips with 1 tablespoon shortening on high power of microwave oven. It will take 1 to 1½ minutes, but the chocolate must be stirred to be sure it is melted, because chips do not change shape. Cool the mixture slightly.

Break matzos into serving-size pieces and dip part of each piece into the chocolate. Shake each piece gently to remove excess chocolate, then place it on tray covered with waxed paper. Refrigerate the matzos about 30 minutes so chocolate becomes firm.

SIMPLE SEASONED PASTA

In medium saucepan over medium-high heat, heat 2 cans (14½ ounces each) chicken broth seasoned with Italian herbs to boil.

Stir in 3 cups uncooked corkscrew pasta. Reduce heat to medium. Simmer gently, stirring occasionally, 10 minutes or until pasta is done.

Makes about 6 servings.

For more recipes and tips on cooking with broth, call toll-free 1-800-442-7884 for a free 24-page booklet, "Simply Delicious," from Swanson.

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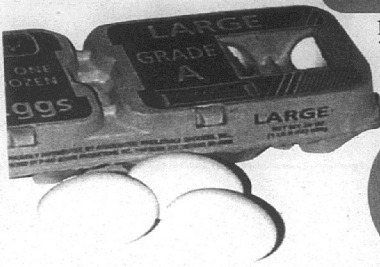
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<p>18 oz. Assorted Varieties Kraft Barbecue Sauce 69¢</p>	<p>12 ct. Best Choice Brown n Serve Rolls 79¢</p>	<p>12 oz. cans Assorted Varieties Vess Soda 10¢ each Limit 48</p>	<p>6-8 lb. Avg. Whole Hunter Boneless Ham 88¢ lb. Limit 1</p>
<p>Red Ripe Strawberries 5.98 Half Flat (Equals 6 pints)</p>	<p>14.25 to 15.25 oz. Whole Kernel or Cream Style Corn, Peas, French Style or Cut Green Beans Best Choice Vegetables 3/\$1</p>	<p>8 oz. Regular or 1/3 Less Fat Kraft Philadelphia Cream Cheese 99¢</p>	<p>8-11 lb. Avg. Whole - Premium Quality Kretschmar or Mickleberry Boneless Ham 1.68 lb. Limit 1</p>

Produce		Meat	
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<p>16 oz. Bag Fresh Express Garden Salad Mix 98¢</p>	<p>Fresh Crisp Stalks Celery 2/\$1</p>	<p>4.7 lb. Avg. Whole Frozen Honeyuckle White Turkey Breast 1.18 lb.</p>	<p>Family Pack Chicken Wings 78¢ lb.</p>
<p>16 oz. Bag Ready to Use Baby Peeled Carrots 98¢</p>	<p>U.S. #1 Russet Potatoes 10/128 lb. bag</p>	<p>Trim n Tender Boneless Beef Top Round Roast 1.98 lb.</p>	<p>Meaty Beef Spare Ribs 98¢ lb.</p>
Dairy & Frozen		Grocery	
<p>6.9 to 8.1 oz. Assorted Varieties Jeno's Crisp n Tasty Pizza 5/\$4</p>	<p>2 - 8 oz. or 1 - 16 oz. tub Bummel & Brown Spread 1.19</p>	<p>12 to 13 oz. Assorted Varieties Best Choice Coffee 1.99</p>	<p>24 oz. Wonder Sandwich Bread 1.19</p>
<p>8 oz. Assorted Varieties Cool Whip 99¢</p>	<p>7 oz. can Assorted Varieties Reddi Whip Topping 1.89</p>	<p>8 oz. Assorted Varieties Top Ramen Noodles 8/\$1</p>	<p>16 to 20 oz. Lunch or Dinner Chinest Plates 2/\$4</p>
<p>1/2 gallon Assorted Varieties Prairie Farms Sherbet 1.99</p>	<p>64 oz. Assorted Varieties Minute Maid Orange Juice 2/\$4</p>	<p>12 to 14 oz. Volveta Shells or Kraft Deluxe Dinner 2/\$4</p>	<p>30 ft. Reynolds Aluminum Foil 1.99</p>
<p>20-32 oz. Assorted Varieties Shredded, Browns, Tater Tots or Ore Ida French Fries 2/\$3</p>	<p>8 oz. Assorted Varieties Kraft Dips 97¢</p>	<p>16 oz. Assorted Varieties Beefsteak Rye Bread 2/\$3</p>	<p>3 - 3 oz. Regular or Sugar Free Jell-O Gelatin 3/\$1</p>
<p>12 pack Pevely Brown Cows 2/\$3</p>	<p>8 oz. Assorted Varieties Pevely Yogurt 3/1.29</p>	<p>16 oz. Assorted Varieties Betty Crocker Salad Dressing 1.79</p>	<p>4.75 to 8.4 oz. Assorted Varieties Best Choice Specialty Potatoes 99¢</p>
<p>12 inch Assorted Varieties Original or Great Combination Jack's Pizza 3/\$7</p>	<p>Gallon Assorted Varieties Pevely Fruit Drink 99¢</p>	<p>13 to 14 oz. Kix, Cocoa Puffs, Golden Grahams or General Mills Lucky Charms 2/4.50</p>	<p>16 oz. Wide or Extra Wide Best Choice Noodles 89¢</p>
<p>Pineapple 2/\$5</p>		<p>24 oz. Assorted Varieties Best Choice Pancake Syrup 1.39</p>	<p>12.5 to 15.3 oz. New General Mills Sunrise Organic Cereal or Honey Nut Chex 2/\$4</p>

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Common
By Rebecca Cole
Correspondent

Tea, not coffee
mostly common
consumed liquid
water.

MEDICINE CHESS

three types of tea
green and color
from the same
Camellia sinensis
than 3,000 varieties
throughout the world
Teas differ in
their leaves are
Herbal teas —
do not even call
"tea" — do not
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blend of plant
flowers or roots
various spices
flavors.
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Common tea may keep doctor away for human cancer

By Rebecca Coley
Correspondent

Tea, not coffee, is the mostly commonly consumed liquid next to water.

MEDICINE CHEST

MEDICINE CHEST There are basically three types of tea: black, green and oolong. All come from the same plant, *Camellia sinensis*. More than 3,000 varieties exist throughout the world.

Teas differ in the way their leaves are processed. Herbal teas — some people do not even call them “tea” — do not come from the same plant. They are a blend of plant leaves, flowers or roots and various spices or fruit flavors.

Tea from the Camellia

sinensis plant contains natural biochemicals that are antioxidants. Antioxidants extinguish the harmful effects of "free radicals," charged particles in the body which can damage cells. Their benefits in tea are similar to those popularized by vitamin C, vitamin E and beta carotene.

Many researchers are trying to document the effects of tea consumption. Much of what is known today first was found in laboratory experiments and some have been replicated in animals.

The next step is to see if results are the same in humans. The relationship between tea drinking and cancer, heart disease and stroke are under study.

Animal studies have shown that black and green

tea may help prevent or at least delay formation of tumors. Studies under way in humans take a long time because tumors usually develop slowly before being detected. Also, many people should be studied.

Early studies associated green tea with a lower risk of cancer. People studied were primarily Asian, drank tea throughout the day and drank more tea per person than Western cultures where black tea is the tea of choice. Whether there is a difference requires more study.

Some data show women who drank two or more cups of black tea per day had a 40 to 70 percent lower rate of digestive and urinary tract cancer than women who never or infrequently drank tea. This is just one study, so its

results should be duplicated to lessen the probability that error influenced those results.

These results are promising, but more research in humans needs to be released. Tea drinkers may be ahead of the game, already receiving beneficial effects yet to be determined.

Registered pharmacist Rebecca Coley is a board member of the Saint Louis College of Pharmacy Alumni Association. Questions for her to answer in "Medicine Chest" can be e-mailed to her at rcoley@htsmail.com or sent to: Medicine Chest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Recipes

RAISIN ENERGY
BITES

- 4 egg whites
- $\frac{3}{4}$ cup sugar
- 4 tsp. oil
- 1 tsp. cinnamon
- $\frac{3}{4}$ tsp. vanilla
- $1\frac{2}{3}$ cups plain no-added-fat or low-fat granola
- 1 cup raisins
- 3 tbsp. toasted wheat germ
- 3 tbsp. sunflower seeds
- 4 tsp. sesame seeds

Preheat oven to 300°. Generously coat 13-by-9-inch baking pan with nonstick cooking spray.

In large bowl, beat egg whites and sugar with whisk until smooth. Beat in oil, cinnamon and vanilla. Stir in granola, raisins, wheat germ, sunflower and sesame seeds.

Turn mixture into prepared pan. Pat into even layer. Bake in preheated oven 20 to 25 minutes until golden brown.

Cool 5 minutes in pan.
Loosen edges with spatula
and invert onto wire rack
to cool completely.

Cut in bite-size pieces.
Makes 18 pieces; 35
calories, 1 g protein, 1 g
fat, 6 g carbohydrate, 12
mg sodium, no cholesterol
and 5 g dietary fiber each.

POTATO DILL BISCUITS

1 medium russet potato,
peeled, chopped
1/2 cup water
2 cups flour
1 tbsp. baking powder
2 tsp. sugar
1 tsp. dill weed
1/2 tsp. cream of tartar
1/2 tsp. salt
1/4 cup shortening
1/4 cup butter

Preheat oven to 450°.

Preheat oven to 450°. In small saucepan over medium heat, cook potato and water, covered, about 10 minutes until potato is tender. Do not drain. Mash until smooth or use blender to process until smooth. Add more water to potato to equal 1 cup.

In bowl, combine flour, baking powder, sugar, dill, cream of tartar and salt. Cut in shortening and butter until mixture resembles coarse crumbs. Add potato mixture. Stir until mixture just clings together.

On lightly floured surface, knead dough 10 to 12 strokes. Pat or roll to 8-inch square. Cut in 16 squares.

Place biscuits on baking sheet. Bake in preheated oven 10 to 12 minutes until lightly browned. Serve warm.

Makes 16 biscuits; 121 calories, 2 g protein, 14 g carbohydrate, 6 g fat, 8 mg cholesterol and 88 mg sodium each.

Recipe

CARAMEL NUT TOPPING

1 1/4 cups skim milk
2 tbsp. cornstarch
2 tbsp. butter or
margarine

½ cup packed dark brown

1 tsp. vanilla

12 large caramel-apple
flavored corn cakes

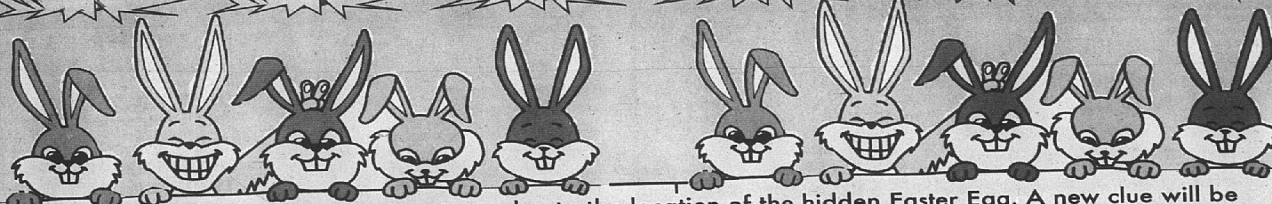
1/2 cup chopped roasted
pecans or other nut

In small saucepan, mix cornstarch with milk until it is thoroughly dissolved. Add butter and brown sugar. Cook over medium heat. Stirring constantly, cook until mixture thickens and comes to boil. Boil 1 minute. Remove from heat.

Spread 2 tablespoons mixture on top of each corn cake. Sprinkle each cake with 1 teaspoon peanuts.

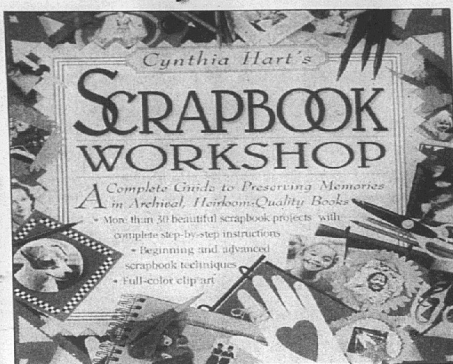
Hoppin' Down The Bunny Trail ...to Find The Journal's Hidden Easter Egg!

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One of the ads on this page contains a clue to the location of the hidden Easter Egg. A new clue will be published each week. The egg is hidden in a public place in the Granite City Journal circulation area. If you think you have found the egg, bring it to the Collinsville Journal at 113 E. Clay, Collinsville. No clues will be given over the phone.

Today's Food



A little guidance and helpful technique turn a box of photos into an album of detailed memories.

Piece together book of memories with workshop

A new 223-page guidebook is perfect for fresh ideas or a first-timer with a shoe box of photographs to organize and preserve.

"Scrapbook Workshop" is a practical guide to making memory albums that are truly memorable.

The book includes tips and techniques on how to create individual books, layouts and special pages and the art of collage-making. It helps with archival guidelines and step-by-step directions for dozens of specific memory book pages and projects.

More than 30 full-color, original designs include "beautiful baby," "50 loving years," "back to school" and "Christmas reflections."

As a bonus, the book includes a wide range of

full-color and black-and-white clip-art, full-size patterns for decorative corner photo mounts, templates for decorative cut-outs and gift-giving labels.

"Scrapbook Workshop," No. W11, priced at \$24.95, will be delivered in three to four weeks. For rush delivery in seven to 10 days, add \$3.

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Safe
let h

By Jananne
Correspondent

Easter and celebrated rich in tradition, symbolism, colored Easter eggs, roasted lamb, smoky aromas, signs of the always, the Department gives guidelines for handling sp

WISE WA

always read know how to cook it. For canned ham, shelf-stable need refrigeration, most canned to be chilled.

All meat should be cooked to a minimum of 160 degrees. Meat should be cooked to a minimum of 160 degrees. Meat should be cooked to a minimum of 160 degrees.

Avoid eating foods containing and cooked remain ref

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Today's Food

Safe handling techniques let holiday traditions flow

By Jananne Finck
Correspondent

Easter and Passover are celebrated by serving foods rich in tradition and symbolism. Brightly colored Easter eggs, roasted lamb and the smoky aroma of ham are signs of the season. As always, the U.S. Department of Agriculture gives guidelines for handling specialties safely.

WISE WAYS

Hams vary by type, so always read the label to know how to handle and cook it. For example, some canned hams are shelf-stable, meaning do not need refrigeration, but most canned hams do need to be chilled.

All meat and poultry should be cooked in an oven set no lower than 325°. The meat should be thoroughly cooked to reach an internal temperature high enough to kill bacteria.

Avoid eating raw eggs or foods containing them. Raw and cooked eggs should remain refrigerated at all

times.

Raw, uncooked egg frostings for "bunny" cakes should not be used, because they risk salmonella food poisoning.

The only frosting to use made with egg is a 7-minute egg white frosting recipe that uses hot syrup with the egg white, checking with a thermometer to be sure the frosting reaches 160°. Other possibilities are whipped topping, ready-to-eat or homemade confectioner's frosting, or a pasteurized powdered egg white meringue available where cake decorating supplies are sold.

Passover Seder meal should be prepared ahead, so everyone can participate in the ceremony. Cold foods can be arranged on platters ahead of time and served directly from the refrigerator. Meat can be fully cooked ahead, sliced and refrigerated in a shallow pan. Thoroughly reheat to 165° before serving.

All perishable food should be refrigerated as soon as the meal is over, but no

longer than two hours after removing it from the refrigerator or oven.

Certified family and consumer scientist Jananne Finck is nutrition and wellness educator for University of Illinois Extension at the Springfield Extension Center.

HAM 'N RICE SALAD

$\frac{3}{4}$ cup light Italian salad dressing
1 pkg. (10 oz.) frozen peas, thawed, well drained
2 tbsp. chopped onion
 $\frac{1}{2}$ cup sliced mushrooms
2 cups cooked rice
1 cup lean ham strips
Lettuce, if desired

Pour dressing over peas, onion and mushrooms. Marinate, covered, in refrigerator several hours or overnight. Drain. Combine vegetables, rice and ham. Mix lightly. Serve on lettuce.
Makes 4 servings; 261 calories, 15 g protein, 35 g carbohydrate.

Blueberry muffins trip aromatic button to bake

By Paul Ott
Correspondent

Spring sprouts a bounty of berries. In no time supermarkets and roadside stands will display them in pints and quarts in plastic wire cartons, clear plastic containers and berry-stained green cardboard baskets.

HEART-Y BITES

Gazing over the trays of fruit inspires dreams of delicious desserts: strawberry shortcake, blackberry cobbler, blueberry crumb cake, fruit-topped cake. Fruit salsa and vinaigrette also are becoming popular.

Frozen berries are available year-round, but nothing beats the taste of fresh berries. Unfortunately, the season for the little fruit nuggets is short, which makes fresh berries even more likable. Memories of warm blueberry muffins and the aroma from baking on cool mornings when I was a child fill my mind this time of year.

The muffins usually were from a box mix with a can of small blueberries. My job was to drain the liquid from the can. I would save enough juice to replace the water, so my blueberry muffins were actually blue.

Now muffins come in all shapes and sizes — from mini-muffins to meal-size mega-muffins. Unfortunately, many of these are loaded with fat, some having as many as 33 grams in a single muffin. There are varieties of low-fat muffins and mixes, but they just cannot beat the taste of one that is homemade. Berries are a good source of fiber, with blackberries and raspberries providing 6 to 7 grams per cup. Making muffins with whole wheat flour or a wheat blend also increases fiber.

A high-fat diet or being overweight is a risk factor for developing heart disease. A person cutting back on food to lose weight may feel hungry all the time. Fibrous foods take longer for the stomach to break down, so they keep a

body feeling satisfied longer.

Registered dietitian Paul Ott is a member of the nutrition committee of the American Heart Association, Greater St. Louis Division.

BLUEBERRY MUFFINS

1 cup skim milk
 $\frac{1}{4}$ cup oil
1 egg
2 cups whole wheat or wheat blend flour
 $\frac{1}{2}$ cup sugar
4 tsp. baking powder
1 cup fresh berries or raisins

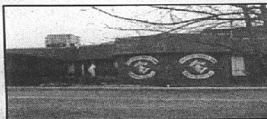
Preheat oven to 400°. Coat bottoms of medium muffin cups with nonstick cooking spray or line with paper baking cups. In medium bowl, beat together milk, oil and egg. In another bowl, combine flour, sugar and baking powder. Add all at once to dry ingredients. Bake 20 min.



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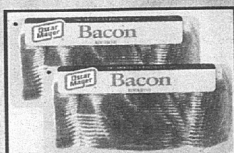
Mickelberry
Whole
Boneless Ham

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Kretschmar
Whole
Boneless Ham

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Bacon

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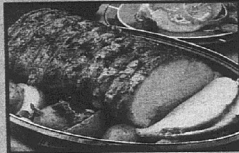
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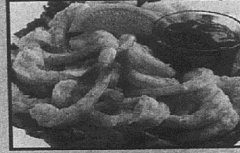
lb. LIMIT ONE



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189

lb.

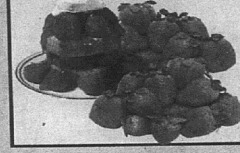


SEAFOOD DEPARTMENT
70-90 COUNT, TAIL ON
Cooked Cocktail
Shrimp

499

lb.

SOLD IN 2 1/2 LB. PKGS. ONLY AT \$12.47



Half-Flat
Red-Ripe
Strawberries

688

BULK \$1.68 LB.

USDA CHOICE CORN FED BEEF
Boneless Sirloin
Tip Roast.....189

FAMILY PACK, CENTER CUT
Boneless
Pork Chops.....259

HUDSON, ALL NATURAL
Boneless Chicken
Breast Tenderloins.....279

SEAFOOD DEPARTMENT
Flash Frozen
Catfish Fillets.....299

U.S. NO. 1
Sweet
Yams.....48¢

GOOD ONLY AT
Shop'n
Save

Save \$100

Honeysuckle White®
Frozen Whole Turkey

2¢ Consumer Offer: Buy one (1) Honeysuckle White® Frozen Whole Turkey, 12-14 lbs., and receive \$100 off your next purchase of \$100 or more. Offer good through 4/3/99. Limit one per customer. See store for details.



12-PACK, SPRITE
Coca-Cola Classic
or Diet Coke

2/438

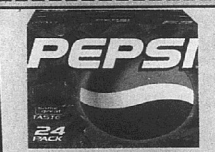
LIMIT 6 WITH \$10 ADDITIONAL PURCHASE

6-PACK
Coke
or Diet Coke.....2/488

ASSORTED VARIETIES
Lay's or
Wavy Lay's.....2/288

ORIGINAL, LIGHT OR FAT FREE
Kraft
Miracle Whip.....197

LIGHT OR DARK
Ron Rico
Rum.....1249



24-CAN CUBE
Pepsi, Diet Pepsi or
Mountain Dew

447

LIMIT 3 WITH \$10 ADDITIONAL PURCHASE

6-PACK
Pepsi
or Diet Pepsi.....2/\$5

Keebler
Wheatables.....3/495

ASSORTED VARIETIES
Millstone Bulk
Flavored Coffee.....599

ASSORTED VARIETIES
Chinet
Plates.....2/\$4



ORIGINAL OR 1/3 LESS FAT
Imperial
Quarters

3/999

LIMIT 3

ASSORTED VARIETIES
PURE PREMIUM
Tropicana
Orange Juice.....2/\$5

GRADE "A"
1 1/2 Dozen
Medium Eggs.....79¢

ORIGINAL OR LIGHT
Kraft Philly
Cream Cheese.....95¢

ASSORTED VARIETIES
FROZEN CONCENTRATED
Old Orchard
Juices.....2/\$1



ASSORTED VARIETIES
Bird's Eye
Cool Whip

88¢

8-OZ. PKG.

ASSORTED FLAVORS
PRAIRIE FARMS, PREMIUM
Old Recipe
Ice Cream.....2/495

ASSORTED VARIETIES
FROZEN
Flav'R-Pac
Vegetables.....5/\$4

ASSORTED VARIETIES
Red Baron Bake
to Rise Pizza.....2/795

ASSORTED VARIETIES
Lucia's
Pizzas.....3/995



ALL PURPOSE
Gold Medal
Flour

77¢

5-LB. BAG

LIGHT OR DARK BROWN OR
C&H Powdered
Sugar.....97¢

GRANULATED
C&H
Sugar.....2/295

Style
Hair Spray.....2/\$1

INTERDENTAL OR
ADVANCED DESIGN
Reach
Toothbrush.....99¢

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The more you shop the more you save.™

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• PRICES GUARANTEED THRU APRIL 3, 1999
• AT ALL ST. LOUIS METRO STORES ONLY
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FOR STORE LOCATIONS CALL (314) 984-0900

Closed
Easter
Sunday

So that our store
associates may
enjoy the day with
their families

Happy
Easter!



03311A

2.5 RS is fun subcompact sedan



Various scoops, vents and spoilers, especially the spoiler that sits atop the trunk, give it a

At night, the headlights are bright and have a well-defined beam pattern like that found in

Counterpoint: The engine has a bit of a raspy feel, and the lights, spoilers and vents may be a bit over the top for some.

The company's lists were based on more than 7,000 daily theft claims processed by CCC during 1998. It included only what it calls "total-loss" vehicles — those that were never recovered or were totaled by thieves. Not included were partial-loss claims — such as stereo thefts — or temporary or "joy ride" thefts.

Missouri's #1

PRESIDENT'S CLUB AWARD WINNER

This Prestigious Award is bestowed by The Ford Mazda Car and Truck Dealers in the Nation based upon Volume, Safety, and Customer Satisfaction.



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SPRING BREAKTHROUGH

SALES EVENT



99 B2500 SX

\$0 Down Sign & Drive
2.5L, 4 Cyl. Engine, Rear Abs, Dual Mirrors, Mud Guards, Removable Tailgate, 3 Pass Bench Seat

BUY FOR \$8,995** **LEASE FOR \$119***

your monthly \$16 payments



99 B2500 SE

\$0 Down Sign & Drive
A/C, Alloy Wheels, Chrome Bumpers, 60/40 Split Seat, Fold Down Armrest, Floor Console, Dual Cupholders, Tachometer, AM/FM Stereo/CD

BUY FOR \$11,195** **LEASE FOR \$149***

your monthly \$16 payments



99 B3000 SE V6 CAB PLUS

\$0 Down Sign & Drive
A/C, Alloy Wheels, Chrome Bumpers, 60/40 Split Seat, Fold Down Armrest, Floor Console, Dual Cupholders, Tachometer, AM/FM Stereo/CD, 3.0L V6 Engine, Auto-Shift System, Fold Down Jumped

BUY FOR \$13,995** **LEASE FOR \$189***

your monthly \$16 payments



99 B3000 V6 CAB PLUS 4X4 4 DOOR

\$0 Down Sign & Drive
A/C, Alloy Wheels, Chrome Bumpers, 60/40 Split Seat, Fold Down Armrest, Floor Console, Dual Cupholders, Tachometer, AM/FM Stereo/CD, 3.0L V6 Engine, Auto-Shift System, 1 Door

BUY FOR \$18,995** **LEASE FOR \$249***

your monthly \$16 payments



99 B4000 V6 CAB PLUS 4X4 4 DOOR

\$0 Down Sign & Drive
A/C, Alloy Wheel, Power Mirrors, Power Windows & Locks, Keyless Entry, 4.0 V6 Engine, Foglights, Interim Alloy Wheels, Cruise, 1.6L V6 Engine, Chrome Mirrors, Tire Chains, Dual Cupholders, AM/FM Stereo/CD

BUY FOR \$20,495** **LEASE FOR \$279***

your monthly \$16 payments



I-70 at Cave Springs, St. Peters, MO

(314) 928-2300

Bommarito  **mazda**

TWO LOCATIONS TO SERVE YOU

*48 month closed end lease, 15,000 miles per year. Total due at signing \$0. Security deposit waived. Taxes not included. With approved credit. **Sales Price Includes Mazda Customer Cash In Lieu of Special Financing. Call for Details.

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etc.
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REVISOR LEGAL SECRETARY wanted. Call 877-5471. **Looking for Part Time Full Time?** **MANUFACTURING** **MECHANIC** **OWNER-OPERATOR/DRIVER** **Part-Time Account Executive** **PART-TIME TO FULL-TIME** **Fast paced floral business** **PIT DIRECTOR for church base recreation program** **REPAIR** **Tractor and trailer mechanic** **Restaurant** **ADDITIONAL FREE'S**

ST. LOUIS AUCTION
OFFICE CLERKS
 Part Time
 We are seeking experienced office clerks for our St. Louis office. The ideal candidate will be responsible for managing the office's daily operations, including answering phones, scheduling, and maintaining records. The position requires a high school diploma or GED, excellent communication skills, and the ability to work independently. Salary is commensurate with experience. Interested candidates should submit their resume and cover letter to: **St. Louis Auction Office, 1234 Main St., St. Louis, MO 63101.**

+ avg per week
 in the St. Louis area. FT/PT positions available. Must be
 Get **SPORTS MINDED** Full/part time
 Apply in person
 Taxes. Company paid DOT physical and drug screen.
 EOE
 PART-TIME: Office Clerk,
 1714 Deer Tracks Trail, St.
 Louis, MO 63131.

[illegible]

Robbins, Send resume or
apply at #4 American Village
Center, Granite City, Mo.
Grove, IL 62234 or Fax
618-291-1193.

IN THIS AREA FOR VARIETY OF
ASSIGNMENTS, APPLY ON
THE INTERNET AT
ST. LOUIS AUTO RENT
13815 St. Charles Rd
St. Louis, MO 63104
314-915-5550.

City, FULL TIME position
requires bookkeeping and
computer skills. Call
Brenda or Cindi
314-915-5550.

through April 18th, 1999.
Applications are available at
the website: www.mpsd.com

We will contact only those candidates selected for
further consideration.

Your Journal On Line, Visit

<p>St. Charles 314-416-1069 Nurse Assistant/CHS Full-Time, 8:00 AM - 4:00 PM, 40 hrs/week DAILY & WEEKLY PAY! APPLY TODAY!</p>													
<p>Opportunities</p>													
<p>Activity Assistant Nurse Assistant/CHS Full-Time, 8:00 AM - 4:00 PM, 40 hrs/week DAILY & WEEKLY PAY! APPLY TODAY!</p>		<p>CHS/HHAs/RNs/LPNs... HOME HEALTH!!</p>		<p>Staff Development Coordinator-Full-time days</p>		<p>RN/LPN Hiring full-time days on</p>		<p>Marketing DIRECTOR OF</p>		<p>★ ★ ★ ★ ★ \$100 SIGN ON BONUS</p>		<p>FLEXIBLE HOURS FLEXIBLE SCHEDULE</p>	

816-877-8140	Activity Assistant. A successful candidate should	Individuals. Pay range \$7.00-\$8.00 per hour. FREE CNA classes for newly hired	ate care for our patients and clients. Call for an interview:	Must be RNs. Excellent benefits. Excellent health, dental, team atmosphere. If you would like to work	Westview Nursing & Rehabilitation Center is a 149-bed
sanjour		Health & Hospital C 955-4250			

<p>LANSDOWNE VILLAGE 4634 Lansdowne St. Louis, MO 63116 *Experience a Plus!</p>	<p>230 Spencer Rd. St. Peters, MO 63376 skilled nursing home center with a full range of health services to our geriatric population. Active Adult Employee</p>	<p>CMI 3p1p Great opportunity for caring & dependable nursing pro- fessionals.</p>	<p>1080 Lockett Des Peres, MO 63731 314-496-3330 equal opportunity employer</p>	<p>Des Peres, MO 63731 314-343-2282 Equal Opportunity Employer</p>	<p>WE PAY FOR EXPERIENCE GREAT BENEFITS: 1. Plover track record in senior building 2. Hospital, Social Worker & Physical therapist on site 3. Knowledge of Managed Care 4. Excellent compensation 5. Full benefits and training 6. Career advancement 7. Free parking</p>
<p>CNA's call for more information please 314-665-5112 ext. 23</p>	<p>Advanced Nursing call for more information please 314-665-5112 ext. 23</p>	<p>INSURANCE BILLER ★★★★★ call for more information please 314-665-5112 ext. 23</p>	<p>SCHEDULE PAYDAY IS EVERYDAY Des Peres, MO 63731 1080 Lockett Des Peres, MO 63731</p>	<p>NURSES NOW Apply in person or call 314-665-5112 ext. 23</p>	<p>Des Peres, MO 63731 1080 Lockett Des Peres, MO 63731</p>

respiratory, top care.

All shifts

No Relief Staffing

provide a competitive salary and benefit package while

Uniforms, perfect attendance bonus, shift differentials

the Maryland Heights area. Minimum 1-3 years medical

RECEPTIONIST

We offer:

1. Competitive salary

Apply Mon.-Fri., 9am-3pm

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314-646-7492 FAX

RESPIRATORY THERAPISTS

GREATER OPPORTUNITIES ADVANCED NURSING Growth company is now lawn service business. committed to long term with exciting career oppo rtunities.	Alexian Brothers Sherbrooke Village 4005 Riga Ave. St. Louis, MO 63125 314-544-1111	Tues/Wed/Thurs 9-11am & 1-3pm Please Call MonorCare Health Services 1200 Graham Road Florissant, MO 63031 314-653-4555	others, please apply in person. Chesterfield MO 63010 11539 Manchester Rd., #154 St. Louis, MO 63131 Fax: 314-865-9104	Wed., Fri., 878-2571. resumes may be sent to Administrator, 1127 Tenth St., St. Louis, MO 63146. *****	See Us Out! RN or LPN 11-17 Night Supervisor • Excellent benefits • Excellent pay based on experience • 401K • Health Insurance Subsidy • Tuition
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Truman Restorative Center, a 220-bed Joint Commission-accredited, skilled nursing facility, located in south St. Louis, Missouri, is seeking a highly motivated and experienced **Registered Nurse** to join our team. We offer a competitive salary, excellent benefits, and a supportive work environment. **Interested candidates should send their resume and cover letter to:**

**HHAS
HOMEMAKERS**
615. Rancho Lane
St. Peters
615-556-6000

<p>company, a proven leader in the industry. We offer a comprehensive benefits package including medical, dental, vision, life, and disability insurance. We also offer a 401(k) plan with company matching. If you are interested, please call us at (615) 331-5540. Equal opportunity employer.</p>	<p>9353 South Broadway St. Louis, MO 63125 \$12.50/HR</p>	<p>HOP TO IT StarMod We're offering immediate openings in our customer service department. We offer our own training, insurance, paid holidays, and growth. From within. Apply in person.</p>	<p>CORR MANOR NURSING HOME 506 Corbin Hill Rd. St. Louis, MO 63066 314-643-2282</p>	<p>This facility does not discriminate in hiring or base any other decision on the basis of race, sex, religion, national origin, marital status, or sexual orientation. We are an equal opportunity employer and we are committed to the ability to perform the work required.</p>	<p>Irma's Restaurant St. Louis, MO 63131 3700 Arsenal We are seeking a motivated and competitive salesperson to represent our company. Interested, apply in person, 9:00am-5:00pm or send confidential resume to: hr@irmas.com</p>	<p>☆☆☆☆☆ RH/INFL Looking for a full-time hour and a great working environment.</p>	<p>orthopedic center seeks a highly motivated Technologist. Office work directly with clients to obtain diagnostic studies. Seeking motivated, energetic people. Full benefits. Send resume and cover</p>
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 8 hr or 12 hr shifts
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SIGN ON BONUS
 Full & part time, 7-3 & 3-11
 Excellent benefits pkg
 No Phone Calls Please
 EOE M/F/D/V
 Come see our new "up ad
 U" Alzheimer's unit!
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JOURNAL'S X-RAY
 1746 Dixie Avenue, Trail

[illegible]

<p>3-11 Shift Seeking full time CMT to a home-like environment where you are part of a team</p>	<p>& Rehab Center 1127 Timber Run EOE</p>	<p>CONFIDENTIAL interview apply, 465-1200.</p>	<p>441-2750. ST PETERS MANOR</p>	<p>St. Joseph's Health 723 1st Capital EOE</p>	<p>retirement community currently seeking compassionate people to work in</p>	<p>Call for Appointment Ask for Sandra Bryant, Human Resources</p>
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Care by the experts in the Radiology Department. We are seeking experienced Radiology Technologists to join our team. The Radiology Department is a dynamic and growing department with a variety of opportunities for advancement. We offer a competitive salary and benefits package. If you are interested in this position, please send your resume and cover letter to: **St. Elizabeth's Hospital, Human Resources, 1200 Graham Road, Philadelphia, MO 63301, 314-431-7283.**

★ Great benefits pkg
★ 401(k) plan
★ Health insurance
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★ Professional development
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★ Remote work options
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★ Retirement planning services
★ Career counseling
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★ Cross-training opportunities
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★ Industry conferences
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★ Client meetings
★ Networking events
★ Professional associations
★ Industry publications
★ Online courses
★ Webinars
★ Podcasts
★ YouTube channel
★ LinkedIn profile
★ Twitter account
★ Facebook page
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★ Blog
★ Newsletter
★ Press releases
★ Media kit
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★ Press junket
★ Press event
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We Are Expanding Our  **ST. JOHN'S MERCY SKILLED NURSING**
 St. John's Mercy has immediate openings for full time, girl's time, and per diem RNs and LPNs to work in our
 CNA Full Time
 LPN Full Time
 RN Part time, every other weekend
ST. ELIZABETH NURSING & REHABILITATION CENTER
 11400 Mehl Avenue
 Florissant, MO 63033
 EOE

COME BE A PART OF OUR TEAM!
eight hour evening shifts, and part time eight hour day or evening shifts are available. Per diem positions are available for those who are not currently employed by the hospital.

<p>It's a new year and time for a new beginning for your career in health care. Check out the nation's</p>	<p>LPN \$13.00 w/experience \$11.00 in 90 days</p>	<p>tution reimbursement program. Qualified candidates may fax resume with cover letter to 314-678-2559, or apply in person in the Human Resources office at the Medical Center between the hours of 8:00am-4:00pm, Mon.-Fri. Applications will also be accepted at the Skilled Nursing Center located on Conway Rd.</p>	<p>CMI \$7.00/hr.</p>	<p>We offer competitive wages, medical insurance, dental insurance, tuition reimbursement, advancement</p>
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Beverly Healthcare Bridgeton
Shift differentials: 50 cents evenings; 25 cents nights
Call for an appointment, ask for
615 S. New Dallas Rd.
120 Conway Road
Spanish Lake Nursing Center
13700 Old Halls Ferry Road
Apply in person on the spot interviews
Rising Missouri CNA license

ST. LOUIS, MO 63112

320 HELP WANTED

ARBY'S ROAST BEEF RESTAURANTS MANAGEMENT
Arby's is now hiring for management positions. Salary based on experience. Full time workweek. Must be available for night and weekends. Bonus paid monthly. Night school reimbursement. High school diploma or GED. Please call Dennis at 314-950-5007 and leave a message or send resume to:

ARBY'S
Attn: Training Manager
8800 Laclede Rd.
2nd Floor
St. Louis, MO 63124

PETRO-ART
is currently seeking out focused and highly motivated individuals for the following positions:

- Store Managers
- Assistant Managers
- Full Part Time Associates
- Fuel Truck Driver
- Join our team and receive the following benefits: Competitive Earnings, Health Insurance, Vacation, Sick/Personal Days, 401k Savings Program and Tuition Assistance Program.

Related experience preferred. APPLY NOW WITH JUST A PHONE CALL.

1-800-323-4567

Reference Number: 311

Automated Interview, 24 hrs a day, 7 days a week. In only 5 to 10 minutes. Touch Tone Phone Required. Please have Social Security number ready. ROBERTS: EXPERIENCED Food Worker/Restaurant Manager. 345-5079.

DOCTORS & LABORERS WANTED Waiver degree on experience. Work immediately. 277-3000.

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320 HELP WANTED

EXECUTIVE SALES SECRETARY
Merrell Chevrolet is seeking self motivated individual to assist in all aspects of sales, purchasing and ordering. The successful candidate will possess strong computer skills and will be able to adapt quickly in a fast paced environment. Experience is preferred but we will train the right person. An attractive compensation package includes salary, health benefits and 401K. Call Bob Meyer to schedule an appointment. 865-4500.

SECURITY GUARDS
PSP will be interviewing for immediate position openings at Security Guards on Thursday, April 1, from 8am-1pm at the Temple Baptist Church, 714 McClellan Avenue, Madison, IL. Must be over 21. No felony convictions. No experience required. Full and part time positions. Evening and night shifts available. Retirees welcome. Equal Opportunity Employer.

HELP WANTED:
Steel Processing Experience Necessary
Slitter Operator
Blanking Line Operator
CTL Operator
Packaging Line
Apply at:
Southside
Temporaries
7325 South Broadway
St. Louis, MO 63111

2 St. Louis Post Dispatch
Route 1, North County, St. Louis, MO 63111
Call 376-9119

Store Manager & Sales
"Refer" furniture sales experience or will train. Must have flexible hours. Vacation & holiday pay. Health Insurance. Good opportunity for right person.
618-344-0316
ask for Ken Kinison for appointment or fax resume to 344-4113

TELEMARKETING
Colorado Prime
We are looking for motivated individuals to represent Colorado Prime. This is a full time position with excellent benefits. Call 618-344-0316 for more information.

TOGETHER FRIDAY'S AND FUN!
Our downtown location has it all: Baseball, Hockey, Football, and more. We have several positions open for experienced individuals. Call 618-344-0316 for more information.

ROUTE SALES
We are currently seeking experienced individuals for route sales positions. Call 618-344-0316 for more information.

LEGAL SECRETARY
Downtown St. Louis law firm has positions available for Legal Secretaries. A minimum of one year experience in Workday Compensation and Billing is required. The firm offers excellent benefits and a 35 hour work week.
Please call 621-8190, Ext 354

SECRETARY
Full-time secretarial position for a mental health and substance abuse treatment agency. Experience with computerized billing systems for client accounts required. BLS collection experience a plus. Good communication skills required. Duties will be varied, including client billing and collections, purchasing, and general office duties. Good benefits. EOE. Send cover letter and resume to:
Human Resources
Central Health Systems
c/o Northside, 15. St. Louis, MO 63104

SECURITY GUARDS
Full-time, 3 shifts. Bilingual Police Officers welcome to apply.
Apply in person
376 North Lindbergh
13813 St. Charles Rd.
St. Louis, MO 63043
Good things benefit for all.
SHINGLES WANTED \$10.00 to \$13.00/lb. 797-1653.

SECURITY GUARDS
Full-time, 3 shifts. Bilingual Police Officers welcome to apply.
Apply in person
376 North Lindbergh
13813 St. Charles Rd.
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New taxpayer advocate's office brings friendlier face to IRS

If the notion that you've got a friend at the Internal Revenue Service brings a smirk to your face, you may want to meet the new National Taxpayer Advocate.

In its latest attempt to communicate the image of a kinder, gentler IRS, Congress passed a third Taxpayer Bill of Rights last year as part of the 1998 IRS Restructuring and Reform Act. In addition to giving taxpayers important new rights, passage of this new legislation puts more controls on the IRS and gives taxpayers in serious trouble with the IRS a new resource for assistance.

The Office of Taxpayer Advocate originally was established in 1996 by the Taxpayer Bill of Rights to replace the Office of Taxpayer Ombudsman and create a more powerful consumer ally. The 1998 Restructuring and Reform Act expands the authority of the Taxpayer Advocate by establishing the Office of the National Taxpayer Advocate.

This new post has been given significant clout in performing its duty of looking out for taxpayers' interests when disputes arise with the IRS. In carrying out its function, the

National Taxpayer Advocate now has the authority to override the actions of field agents and local IRS offices in certain cases.

The Advocate's duties include assisting taxpayers in resolving problems with the IRS, identifying areas in which taxpayers have problems dealing with the IRS, and proposing both administrative and legislative changes to remedy those situations.

The National Taxpayer Advocate has broad authority to take action on behalf of taxpayers who otherwise would suffer a significant hardship as a result of IRS administration of the law.

A major provision in the Reform Act gives the Office of National Taxpayer Advocate expanded powers to grant taxpayer assistance orders, which can halt any action that causes or is about to cause a taxpayer significant hardship.

One of the shortcomings under prior law was the absence of a clear definition of significant hardship. In giving up your Mercedes to settle a tax bill a significant hardship? The new statute defines significant hardship as including (but not limited to)

the threat of an adverse action by the Service; a delay of more than 30 days in resolving taxpayer account problems; the incurring by taxpayers of significant costs while they wait for relief from a Service action; and irreparable injury to, or long-term adverse impact on, a taxpayer if relief is not granted.

To keep a watchful eye on IRS employees, another aspect of the Restructuring and Reform Act maintains that when any IRS employee is not following published administrative guidance (including the Internal Revenue Manual), the National Taxpayer Advocate must consider all the facts in the light most favorable to the taxpayer when deciding whether to issue a TAO.

If you think an action taken or not taken by the IRS will cause significant hardship, you may apply for help by filing Form 911, Application for Taxpayer Assistance Order.

How can you really be sure your friendly advocate won't betray you and tattle to the IRS? To assure the National Taxpayer Advocate's independence, the new post is no longer under IRS control but reports directly to the

Treasury Secretary.

Furthermore, no one from within the IRS within two years of appointment will be eligible for the position of National Taxpayer Advocate, now will the outgoing Advocate be eligible to work for the IRS for at least five years after leaving the post.

And don't be put off by the fact that the Advocate is a national position. It doesn't mean you'll have to book a plane to see your new-found friend. The Act calls for each state to have at least one local Taxpayer Advocate who can assist taxpayers in resolving disputes with the IRS.

Local Taxpayer Advocates operate independently of the IRS and replace the IRS's problem resolution function. Keep in mind that your representation by the National Taxpayer Advocate is just one of your many rights in dealing with the Internal Revenue Service. The following are some of your other rights:

- The right to be informed of your rights. If the IRS sends you notice of an examination or collection action, it must provide you with a nontechnical statement of your rights during an audit and it

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must explain IRS collection and appeals procedures.

- The right to privacy and confidentiality. The IRS must not disclose the information you give them, except as authorized by law. You have the right to be told how the IRS will use information you provide and what will happen if you don't provide it.

- The right to professional and courteous service. If you believe that an IRS employee is not treating you properly, you should inform the employee's supervisor. If you are not satisfied with the supervisor's response, contact your IRS District Director or Service Center Director.

- The right to representation. You may

represent yourself or you may give written authorization to a CPA, lawyer, or enrolled agent or actuary qualified to practice before the IRS. You may, at your own expense, make sound recordings of any meeting if you give advance notice to the IRS. The IRS may also record the meeting.

- The right to appeals and judicial review. If you disagree with the IRS about the amount of your tax liability or collection actions taken by the IRS, you have the right to ask the IRS Appeals Office to review your case. You may also ask a tax court to review your case.

The Illinois CPA Society is the state professional association representing more than 26,000 Illinois CPAs.

Redecorating walls simple, inexpensive

The frustration of redecorating—choosing new furniture, loading, unloading, moving, pushing, pulling, and afterward having to pay dearly with thousands of dollars.

If something different and fresh is desired, but bankruptcy isn't, leave what is on the floor alone and concentrate on what is surrounding it: the walls.

Whether your taste is exotic, romantic, contemporary, traditional, futuristic, daring or subdued, redecorating doesn't have to be synonymous with eliminate; it can instead mean redesign, reassemble, highlight or touch up.

Wall hangings, paint, wallpaper, tapestries, lights, murals, mirrors and ceiling hangings can give a mundane room the aura of your choice. Furniture and carpet are two big investments, and many times earth or neutral tones are chosen so that coordination won't be a problem. All redecorating dreams can come true without altering your safe color arrangement. It's the addition of color that gives a room, apartment or entire house the illusion of receiving a brand new make-over.

Colored, patterned and print-filled tapestries will add a foreign flavor to a room.

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SKIN CANCER SCREENING

Over 500,000 new cases of skin cancer are reported every year. Fortunately, skin cancer is one of the most treatable and curable forms of cancer provided it's discovered early.

The Program: Memorial's Skin Cancer Screening Program is designed to help you detect precancerous and/or cancerous skin lesions.

Memorial's Skin Cancer Screening physicians include:

Richard Hehmann, M.D.
James Gregory, M.D.
Stanley Librach, D.D.S., M.D.
Craig McKee, M.D.
Steven Musick, M.D.
Thomas Olivier, M.D.
Amorn Salypongsa, M.D.
Bjorn Suhm Tschoe, M.D.
Robert Wanless, M.D.

These physicians, members of Memorial's Medical Staff who volunteer their services for this screening, will examine the head, arms and legs for suspicious skin lesions. Any other areas of concern will be examined at the patient's request.

Date, Time, Place: Screenings will be held on Wednesday, April 14 and Thursday, April 15 beginning at 8 a.m. Memorial's Physical Therapy Department

Screenings are conducted by appointment only. If you are on a restricted time schedule, please understand there may be a brief wait before being seen by the physician.

Information: A limited number of appointments are available. To schedule an appointment, call the Physical Therapy Department at 257-5250.

This Skin Cancer Screening program is conducted as a free community service by volunteer plastic surgeons and dermatologists from Memorial's Medical Staff by Memorial Group, Inc. and Memorial Foundation, Inc. on behalf of Memorial Hospital.

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Most business travel, entertainment expenses tax-deductible

Whether you're running your own business or working for someone else, you probably spend some amount of money on travel and entertainment expenses. As long as you have a clear business purpose for the expense, the Illinois CPA Society explains that Uncle Sam may help you foot the bill by providing you with tax deductions. Strict rules apply, however, so it's important to understand the definition of qualified expenses.

Travel expenses
Travel expenses are the ordinary and necessary costs you incur when you travel away from home for your business. For tax purposes, an ordinary expense is one that is common and accepted in your business; a necessary expense is one that is helpful and appropriate to your business. To meet the IRS's definition of "away from home," you generally must be away from

home longer than a regular workday and it must be reasonable for you to sleep or rest.

Typical travel expenses include the cost of transportation to your business travel destination, local transportation and incidentals such as phone calls.

When your business trip necessitates an overnight stay, you may deduct what you pay for lodging. The cost of your meals while away from home on business is deductible as well (subject to a 50 percent limit). Meal costs include amounts spent for food, beverages, taxes and related tips.

Incidental expenses for laundering and dry cleaning, fees to send or receive business-related faxes and gratuities you pay for services while away from home on business are deductible in full.

Entertainment expenses

In order for an entertainment expense to qualify for a tax deduction, in addition to being ordinary and necessary to your business, the expense generally must meet one of two additional tests.

The expense must be either (1) "directly related" to the business, which means that business must actually be discussed during the entertainment, or (2) "associated with" the business. To satisfy the "associated with" test, the entertainment must take place prior to or immediately after a business discussion.

Under current tax law, 50 percent of the amount you spend, including taxes and tips, to entertain your client, customer or employee, is deductible. Entertaining guests at a sporting event, theater, country club or nightclub all apply, as does a round of golf

or a game of tennis.

But before you rush out and pay a premium for tickets to the theater or a sporting event, you should know that your deduction is limited to the face value of the ticket. No deduction is allowed for fees paid to scalpers or ticket brokers and your deduction for the cost of skyboxes and other private luxury boxes at a sports event is limited as well.

Entertainment expenses may include the cost of a meal you provide to a customer or client, whether the meal is part of the entertainment or separate. Generally, to deduct an entertainment-related meal, you or your employee must be present.

Business gifts

As a token of your appreciation, you may make deductible gifts to your customers, clients, distributors and employees as long as the value does not exceed \$25 per

person per year. (The cost of wrapping, insuring or shipping the gift is not included in the \$25 limit.) Gifts of nominal value (\$4 or less) such as magnets, pens and calendars imprinted with your company name are not included in the \$25 limit. If you give a customer both a \$25 gift and a calendar, you may deduct the cost of both items.

Record-keeping requirements

For travel and entertainment expenses, you must have adequate substantiation for the expenses you claim. In general, to substantiate each expenditure, you must show the amount, the date, the location, the business purpose for the travel, and the business relationship you have with the person or persons you entertained. The exact type of substantiation required depends on the item and the

amount of the expense.

Currently, you do not need a receipt if the expenditure (except for lodging) is less than \$75 or, in the case of transportation costs, if a receipt is not readily available, such as may be the case with a cab ride.

CPAs point out that if you are self-employed, you can deduct your expenses as part of your adjustments to income. If you are an employee, you add your unreimbursed expenses to your miscellaneous deductions. Your deduction is then limited to the total amount of miscellaneous expenses that exceed 2 percent of your adjusted gross income.

The Illinois CPA Society is the state professional association representing more than 26,000 certified public accountants throughout Illinois. Visit the Society's web site at <http://www.icpas.org>.

1999-2000 *Bridal Planner* free

A guide for planning a perfect wedding

The Suburban Journals Bridal Planner will include information about everything the well-prepared bride or groom needs to know in order to plan a successful wedding. The spiral-bound book will contain bridal business, stories, photos, checklists and worksheets to help coordinate and organize all of your wedding details.

To receive your free copy of the Bridal Planner simply fill out the form below and take it to your local Suburban Journals office (call 314/821-1110 for the nearest office), or mail it to: Bridal Planner, 1714 Deer Tracks Trail, St. Louis, MO 63131. (For mail in requests please allow 3-6 weeks for delivery.)

☐ Please send me a copy of the Bridal Planner.

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 Groom's Name _____
 Street Address _____
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 Phone Area Code () _____
 Proposed Wedding Date: Month _____ Year _____

Suburban Journals

Classic tile designs making comeback

For more than 2,000 years, people have been using decorative tiles to embellish their homes.

Today, the beauty of classic designs has returned to make tiles more colorful and enduring than ever before.

"The popularity of tiles lies in their ability to transform the most ordinary room into something extraordinary, to enliven the dull surface with color, pattern and texture," said Paula Cornelison, vice president of Fourth Bay, a

manufacturer of elegant, historical reproduction tiles called "Influences."

"Research through a broad spectrum of historic decorative arts material textiles, furniture, ceramics, library archives, museum and historic installation-provides the influence for our designers," said Cornelison.

"By embracing the best qualities of our discoveries, we develop tile designs for today's interiors."

Designs range from flowers,

birds and landscapes to classical myths, geometric shapes and Anglo-Japanese influences. Decorators have a variety of options, all of which can be mixed and matched with each other or with Fourth Bay's border and solid color tiles to create a look that's unique.

With such a tremendous selection from which to choose, how do you decide which colors, textures, sizes and shapes are best suited to your decorating needs? Cornelison offers these tips:

• First, ask yourself what you want to accomplish through the use of tiles. Do you want an arrangement of tiles to become the focal point for a room, or to serve as backdrop to your furniture and furnishings? Do you want them to highlight an interesting architectural detail, or to disguise an imperfection?

• Second, think about what effect you want the tiles to have on your overall decor. If your interior design falls

within a particular style, you may want the tiles to reflect that theme or you may want to create contrast by adding, for instance, a classical touch to a mostly modern look.

When choosing tiles with which to decorate, there are five basic elements to consider: Color, pattern, size, shape, and texture. Most of these elements are abundant within the "Influences" range of tiles from Fourth Bay, now on the market.

Crafted to recreate the elegance of the original 19th century designs, each Fourth Bay tile is faithfully handfinished, using up to 18 colors and exquisite glazes. Produced to the historical standard-six inches square-they can be used with stunning effect in entryways, bathrooms, kitchens, or as hearth tiles.

"There is no question that tiles are among the most versatile decorating elements available to homeowners today," Cornelison said.

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SLU parking rates come under fire

By Sonia Ahjua
Staff writer

A parking rate increase at Saint Louis University has evolved into a student campaign to push for more student involvement in decisions made by SLU officials.

About 500 people — mostly students, but some faculty and staff members — attended the school's Student Government Association meeting Wednesday. At the meeting, the SGA voted to not support the parking fee increase.

The SGA will consider a "no confidence" vote at its meeting today, Wednesday. A vote of no confidence is the strongest statement the elected student body can make, said Joseph Hodes, SGA president.

"It would be saying we do not support (the university's) decisions," he said.

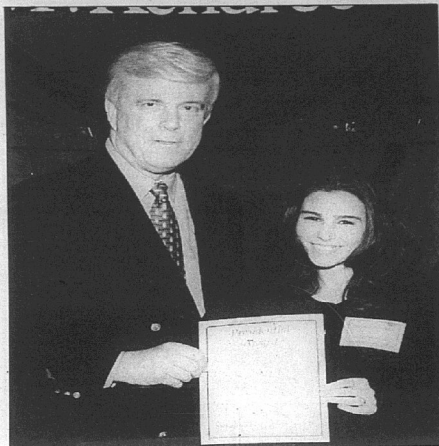
The fee increase was announced by SLU officials March 17 in a letter to faculty, staff and students. The increase was approved, the letter said, because officials concluded the university's parking system

needs to be self-sustaining. The university has 19 parking lots and four garages, totaling about 9,000 parking spaces. Enrollment is 10,998.

Most students currently pay between \$60 and \$100 to park on campus. However, students participating in a pilot "choice parking" program paid \$600 for a reserved space in Rockhurst Garage, which is heated. Under the new system, full-time students will pay between \$220 to \$900 a year for parking. The highest price includes a reserved parking space in Rockhurst Garage.

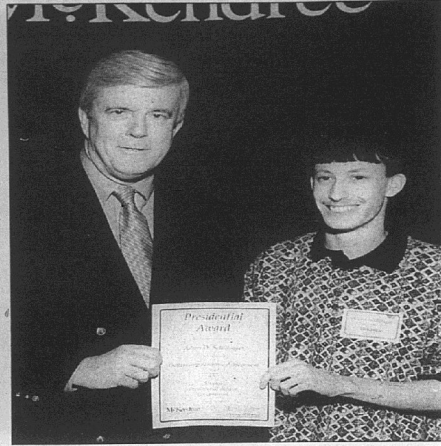
By comparison, Webster University's approximately 5,300 students pay \$50 a year or \$30 a semester for parking. The campus has 1,144 parking spaces. Washington University's approximately 11,000 students pay \$286 a year to park. The university has 6,370 parking spaces.

The SGA passed a resolution Wednesday requesting seats for students, faculty and staff on the university's President's Coordinating Council.



McKendree honors

McKendree College in Lebanon recently honored a pair of Granite City High School seniors who took part in the McKendree Presidential Award Competition. Left picture, McKendree College president James Dennis congratulates Elizabeth Weatherly and, in the right picture, Adam Schillinger. Both students had to possess a minimum 3.4-grade point average on a 4.0 scale and score at least 25 on the American College Test or rank in the top 20 percent of the class.



Contributed photos

Christmas coming early for 80 area residents, thanks to program

By Glen Sparks
Staff writer

Christmas 1999 will be coming early for about 80 area residents.

The present: home improvement.

Christmas in April of Metro St. Louis, an affiliate of Christmas in April USA, rehabilitates houses of low-income, elderly and disabled residents.

About 2,500 volunteers will renovate, paint or repair 63 homes in St. Louis and St. Louis County on April 17. Another 17 homes will get

some fixing up on April 24 in Metro East.

Lynn Rajani is executive director of the St. Louis chapter of Christmas in April, an organization that was started 27 years ago in Midland, Texas. The St. Louis office is at 12300 Gravois Road in Sunset Hills. It was started here six years ago. Rajani said she and other Christmas in April officials look at stacks of applications and visit hundreds of houses before choosing the organization's yearly rehab projects.

The group already has

decided on this year's houses.

"We're looking at something you can do in a day," Rajani said. "We do some major repairs, but you can't do something like put on a roof in one day."

Volunteers paint, install ramps for residents in wheelchairs, fix porches, tuckpoint and even do some plumbing work.

Christmas in April has been

active in Webster Groves, the 27th Ward in north St. Louis and the University City-Pagedale area. It is doing several projects this year in the south area, including in St. Louis city and in Lemay and Fenton.

"We like to do a lot of our projects in clusters to help out a large area," Rajani said. Each house has a sponsor that volunteers \$2,000.

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City streamlines permit process

By Clayton Berry
Staff writer

When St. Louis leaders opened their arms to developers, many in the business community knew what would happen. "We knew when folks would come to the city to do business, they would hit a brick wall," said Jerry Rombach, director of governmental affairs of the Home Builders Association of Greater St. Louis (HBA). It wasn't that city officials weren't eager for the business.

"The process has not been cooperative, and it's been a little bit archaic in some areas," Rombach said. "Especially when you compare it to the city's competition," which he said includes St. Louis, St. Charles and Jefferson counties.

In an attempt to address the issue, city officials have announced they will create a "one-stop shop" for building permits. It is expected to be the first of many moves to streamline the city's development process.

"Building permits directly affect new development in the city," said Ron Smith, St. Louis building

commissioner. Residential rehabs, existing business expansion as well as new construction all require building permits, he said.

By July, the one-stop shop should be up and running. Officials plan to consolidate as much of the building permit process into one location as possible. One account manager will be assigned to assist the customer throughout the process. Customers sometimes venture to five different offices to obtain a permit.

The new location will be in the Central Permits Section of the Building Division in Room 425 of City Hall. Smith said new staff members will review plans in historic district and redevelopment areas because they usually require more review time, Smith said.

While the Building Division will be unable to provide a same-day building permit to everyone, Smith hopes the new process will increase the rate from 42 percent to at least 65 percent.

Public Safety Director Martie Aboussin knows improvements needed to be made.



DAV donations

Granite City Disabled American Veterans Auxiliary 53 recently presented a pair of donations to Granite City charities. On the left, the Auxiliary recently presented a donation to the Granite City Police Health and Welfare Fund. From the left are treasurer Mary Scarsdale, Granite City Police Officer Ray Takmajian, Granite City Detective Joe Mangarino and Auxiliary Commander Nancy Colby. On the right, the group also made a donation to Granite City High School's Life Skills Class. From the left are Colby, Special Ed Teacher Dagmar Davis and Scarsdale.



Contributed photos

City boosters hold party at museum

By Clayton Berry
Staff writer

Some finely dressed professionals could not resist climbing some of the City Museum's play areas on March 27.

Hundreds of people attended a party at the Downtown attraction to help raise funds for Metropolis. "Celebrate the City" went on through the night, but an hour into the festivities the president of the growing civic group already was astounded.

"We're amazed by the turnout so early," said Matt O'Leary, an attorney from West County. "It demonstrates the fact that people are not afraid to come down to the city if you create the right environment for them."

The City Museum must be such an environment, because the event drew 1,500 people before the night was through.

All the money raised will go toward Metropolis' volunteer-led projects.

The event was co-sponsored by the Young Friends of the Art Museum. It provided an unusual mix of music and culture, though the City Museum is known for breaking barriers.

"It really is a great place for a party," said Megan Schlicker, social events chairwoman for Metropolis. "It's an adult playground. We wanted to bring a very diverse group of individuals together to celebrate the progress of the city, and we did that."

Celebrants on the first two floors of the City Museum got down as local favorites Sky Pop Fly jammed on James Brown's funk classic, "Super Bad." On the third floor, 18 community and civic groups touted their efforts. A young artists' group, Art This!, allowed party goers to paint

people. Nebula, an independent black film organization based here, showed shorts of its work.

Many generally have categorized Metropolis as a young person's group. The group got its start two years ago when a few young professionals walked Downtown streets in attempt to patronize businesses there. The majority of the members still are less than 40 years old.

"I think I'm too old for this group," said Willie Obermoeller, a South Side businessman on hand to help the group. "But I think it's a great idea. We could use three more of them."

Nearly 1,000 people now make up Metropolis. The group has expanded from bar and restaurant hopping Downtown to completing projects throughout the city. Members of the group hope to draw people of all ages.

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Local fitness company donates weight equipment to schools

By Glen Sparks
Staff writer

Former college football star and NFL veteran Demetrius Johnson still remembers the "weight room" at the old McKinley High School: a bench press and, just maybe, a chest press.

Compare that to the gymnasium at Cleveland NJROTC Academy, 4352 Louisiana Ave., on March 25. Exercise equipment lining one side of the gym. The school looking more like a health center.

Bally Total Fitness Corp. donated 150 pieces of strength-training apparatus to the St. Louis Public high schools, East St. Louis High School and Wellston High School. The estimated value of the equipment is \$750,000.

The donation came about with Johnson's help.

Johnson contacted Andre Thomas, St. Louis area supervisor of the Chicago-based fitness center, about donating the items to urban schools here. Local radio executive Lee Clear also

assisted on the project. "It's great to give something back," said Johnson, who graduated from McKinley in 1979 before playing defensive back for the University of Missouri and then the San Diego Chargers.

The Demetrius Johnson Youth Foundation helps inner-city children through a variety of athletic and other programs. Johnson joked that all the fitness equipment should do wonders for the Public High League sports programs.

"There's no excuses now," he said.

Of course, the equipment has some even greater benefits than just helping students build their biceps and triceps.

"This is part of building the total person," Johnson said. "You also have a lot of kids here who see you doing something for them, and they'll want to help students in the future."

Cleveland Hammonds, superintendent of SLPS, said that as states cut education budgets, it becomes even more important for school districts

to form partnerships with local businesses.

"You'll see that the most successful schools are the ones that have close relationships with the community," he said. "We most definitely want these partnerships."

David Southern, vice president in charge of public relations for Bally's, said that during the past 18 months, Bally's has donated more than \$6 million in exercise equipment to schools, police athletic leagues and similar organizations from coast to coast.

"This is better than just sending it back to the manufacturer," Southern said.

Chester Edmonds, spokesman for SLPS, said the weight-training equipment likely will arrive at the district's high schools during the next week or two. Alex Williams, an NJROTC junior, is eager for fall football practice to begin.

"This is going to make us a lot better," he said. "It'll help a lot."

New area program allows families to purchase homes

By Clayton Berry
Staff writer

One of the biggest hurdles for families trying to buy a home is the down payment gap.

Many families earn more money than certain assistance programs allow, but are not able to save the money they need to make a down payment on a house. A new program could help solve that problem.

City Comptroller Darleen Green is partnering with the Fannie Mae Corp. to set up a fund for home buyers. The program would be available to people who would buy a home in the city, and there are no income restrictions.

Under Green's proposal, the city would borrow up to \$2.5 million from Fannie Mae, which is the largest nonbank financial services company in the world. The city would have to put up \$500,000 as collateral.

The city would use Fannie Mae's loan to lend money to area residents seeking to buy a home in St. Louis. The

city would get back its \$500,000 once home owners repay the loans.

The program would be included in the next fiscal year's budget. It needs approval from both the Board of Estimate and Apportionment and the St. Louis Board of Aldermen.

"I know that we have all-time mortgage rates, so the time is right for the city to help get as many people owning their own homes as possible," Green said. "This loan program is designed to close the down payment gap."

Clifton Berry, director of the St. Louis Partnership Office of Fannie Mae, said the company hopes the regular home loans would come through Fannie Mae, though that is not required.

The most a person could borrow from the city for a down payment is \$5,000, as the program now is proposed. Berry said the interest rate through the program would be much less than what is available on the open market.

"This would have a tremendous impact on the city," Berry said. "What we're talking about here could help as many as 500 homeowners a year."

As one of the nation's most significant mortgage players, Fannie Mae has found one major problem that affects nearly every home buyer.

"What we have discovered time and time again is that a down payment is the largest single barrier to homeownership, without regard to income of the buyer," Berry said.

"When you start to address the down payment issue, you're tapping into a tremendous demand."

That is why Green is pressing the program among her fellow city officials. It could start as early as this summer if it meets with approval from the Estimate Board and aldermen.

"It's a great investment for the city," Green said. "This particular program targets the frequently overlooked home buyer."

Vegetarian restaurant finds its local niche

By Clayton Berry
Staff writer

Blake Brokaw believes he has found his niche in St. Louis, and he's betting his business on it.

The owner of Tangerine, a restaurant-bar in Downtown St.

Louis, switched his menu to mostly vegetarian fare last December. A risky move to some, but Brokaw doesn't see it that way.

"I was motivated by the lack of vegetarian restaurants in St. Louis," he said. "There is a huge demand out there."

In the metropolitan area, only two other restaurants claim to be vegetarian establishments. One is the Hare Krishna-run Govindas, 3926 Lindell Blvd. Located near the University campus, Govindas is the oldest vegetarian restaurant in the city. The other is the Nobu Cafe, which is located in West County and specializes in kosher cuisine.

According to a national poll, the number of strict vegetarians has not grown in recent years. But the Baltimore-based Vegetarian Resource Group, which conducted the survey, says the number of restaurants offering vegetarian items or even converting their menus to meat-free is growing.

Spokeswoman Darlene Vererka said that is due to an increase in the number of health conscious people who may still eat meat but look for vegetarian dishes to be more healthy.

Brokaw admits he concentrates on taste rather than healthiness. A graduate of the California Culinary Academy, he prepares Tangerine's menu. He changed the menu every six months or so. Brokaw opened the popular spot three years ago.

The first menu was Cajun-influenced, and other specialties have followed. However, Brokaw is prepared to make the vegetarian menu, which changes every week, permanent. Many regular clients of Tangerine, 1405 Washington Ave., have responded favorably to the menu move, he said.

"This is definitely what I want to stick with," Brokaw said. "I needed a niche."

For the owner of the Nobu Cafe, 10477 Old Olive Street Road in Creve Coeur, finding a niche also was key. The Nobu Cafe opened the restaurant nine years ago as the only dairy kosher spot in the metropolitan area. Under Jewish tradition, milk and meat products cannot be eaten in the same meal.

"There was a need, and we filled that need," Gordon said. "Because the restaurant does not serve beef, pork or chicken, Nobu began to attract vegetarian customers as well. The restaurant offers fare with an Italian flavor, including pizzas and pastas."

"Once word spread, we picked up a lot of business that we might not have had otherwise," Gordon said. Tangerine's Brokaw does not believe he needed to make the vegetarian switch to be successful. He said the bar-restaurant has been popular since it opened in the loft district.

He did lose some customers, including some surrounding nightclubs that used to serve his burgers and other items. However, the move has been a quick boon to business. Brokaw said it is because he has cornered a major portion of the vegetarian market, which still remains untapped here. And while he emphasizes taste over calorie content, Brokaw said most of his menu still is lower in fat than most. "Our food sales have jumped 40 percent," Brokaw said. "There is a definite rise in the number of people who are concerned about their health, and the market is responding to that."

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Menu shift due to growing interest in meat-free eating

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He did lose some customers, including some surreptitious nightclubs that used to serve his burgers and other items. However, the move has been a quick boon to business. Brokaw said it is because he has cornered a major portion of the vegetarian market, which still remains untapped here. And while he emphasizes taste over calorie content, Brokaw said most of his menu still is low in fat than most.

"Our food sales have jumped 40 percent," Brokaw said. "There is a definite rise in the number of people who are concerned about their health, and the market is responding to that."

The American Dietetic Association (ADA), however, reports planned vegetarian diets are healthful and nutritionally adequate. Also the ADA said the diet can prove to

What is missing is little that can't be readily made up by vegetarians, said Knoblock, an ADA member and state coordinator of the Vegetarian

Group. She said vegetarians who are getting an adequate amount of calories and eating a variety of grains and vegetables are not likely to be protein-deficient. Many vegetarians can get a major amount of protein from soy foods, such as tofu. Research points to soy protein reducing cholesterol levels, she said. Knoblock said the body more

Some vegetarians do not eat any dairy products. For them, several plant sources, in addition to fortified foods, can provide adequate amounts of calcium, Knoblock said. Vegetables such as broccoli

Knoblock said vegetarians do not need as much calcium as nonvegetarians because meat proteins have been shown to drain calcium from bones. People often associate vegetarians with sickness, but Knoblock said that is a misconception. She said many young people with eating disorders say they are vegetarian as an excuse not to

eat. Also, some new vegetarians may not be getting enough calories in their diet, so they may not be healthy. Knoblock said there are a number of health benefits to a vegetarian diet, though if people still eat a lot of high-fat cheeses and dairy products, the health benefits are diminished.


She said there is a decrease in several types of cancer.

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